

Jim Karger - Daily Report

for Jim - Maintenance - Feb 28, 2010 to Mar 6, 2010

Jim - Maintenance		Jim Karger - Daily Report			Feb 28, 2010	
	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)	
Meal 1		320.0	37.0	7.5	28.0	
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0	
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0	
Meal 2		69.0	2.6	5.9	2.5	
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5	
Meal 3		474.5	47.4	10.6	42.6	
Pancake Mix - Bob's Red Mill- Gluten-Free	2.5 Pancakes	175.0	40.0	0.6	2.5	
Real Egg (Kirkland Egg Whites)	1 cup	120.0	4.0	0.0	24.0	
Met-Rx Whey 100% Ultramyosyn	0.5 Scoop	57.5	1.0	1.0	11.0	
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5	
Syrup, Dietetic (Miel)	0.25 cup	16.0	0.0	0.0	0.0	
Nuts, almond butter, plain, with salt added	2 tsp	65.9	2.2	6.2	1.6	
Meal 4		218.6	18.7	7.6	21.7	
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5	
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3	
Meal 5		424.0	17.9	13.9	59.0	
Maxi-Whey Plus (Vanilla)	2 Scoop	206.0	4.0	0.0	48.0	
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	1 cup (8 fl oz)	149.4	11.4	8.0	8.5	

Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Seeds, sunflower seed kernels, dried	2 tsp	34.1	1.2	3.0	1.2
Meal 6		341.9	43.5	7.6	32.7
Crustaceans, shrimp, mixed species, raw	20 medium	127.2	1.1	2.1	24.4
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Catsup	2 tbsp	29.1	7.5	0.1	0.5
Horseradish, prepared	1 tsp	2.4	0.6	0.0	0.1
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Beets, raw	1 beet (2" dia)	35.3	7.8	0.1	1.3
Yambean (jicama), raw	0.25 small	34.7	8.0	0.1	0.7
Carrots, raw	0.5 cup grated	22.6	5.3	0.1	0.5
Meal 7		412.9	36.2	14.0	37.8
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Lala Light Yogurt Natural	0.3 cup	27.6	4.8	0.0	2.4
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Peanut butter, chunk style, without salt	2 tsp	63.3	2.3	5.4	2.6
Totals		2260.9	203.3	67.1	224.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	56.0	356.9				32.0	Loading Phase - Day 3
Totals	56.0	356.9					

Measurement	Value	Units	Previous	Date	Difference
Weight	169	lb	169	2/27/10	1
Metabolic Rate		kcal	2190	2/9/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body Fat		%	13	1/17/10	
Blood Pressure - Systolic		mmHg	116	11/23/09	
Blood Pressure - Diastolic		mmHg	67	11/23/09	
Waist		Inches	32	12/20/09	
Biceps					
Thigh					
Calf					

Body Mass Index

Body Fat %

Jim - Maintenance

Jim Karger - Daily Report

Mar 1, 2010

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		354.5	38.3	10.5	29.3
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Meal 2		272.7	18.7	7.0	34.3
Zone Perfect Protein Bar	0.5 bar	95.0	11.0	3.0	6.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Meal 3		344.8	38.8	9.5	29.1
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Cocoa, dry powder, unsweetened	1 tsp	4.1	1.0	0.2	0.4
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Meal 4		304.9	11.8	13.1	34.5
Real Egg (Kirkland Egg Whites)	1 cup	120.0	4.0	0.0	24.0
Turkey bacon, cooked	1.5 oz cooked, yield	91.7	0.7	6.7	7.1
Peppers, sweet, red, raw	1 oz	8.8	1.7	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3

Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Meal 5		283.8	9.7	11.3	36.8
Platinum Hydro-Whey	1 serving	140.0	2.0	1.0	30.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.4 cup (8 fl oz)	59.8	4.6	3.2	3.4
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Peanut butter, chunk style, without salt	2 tsp	63.3	2.3	5.4	2.6
Meal 6		952.4	78.6	36.3	48.7
Thai Peanut Chicken Salad	1 portion	500.0	33.0	21.0	44.0
Fried Won Ton	0.75 portion	140.0	12.0	8.0	2.0
Ice creams, vanilla	1 serving 1/2 cup	136.6	15.6	7.3	2.3
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.25 cup	55.3	14.4	0.1	0.3
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Meal 7		162.8	6.6	3.2	27.4
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.4 cup (8 fl oz)	59.8	4.6	3.2	3.4
Totals		2675.8	202.5	90.9	240.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	56.0	358.6					Loading Phase - Day 1 - Shoulders and Arms
Precor	20.0	215.0					

Totals	76.0	573.6					

Measurement	Value	Units	Previous	Date	Difference
Weight	170	lb	169	2/28/10	0
Metabolic Rate		kcal	2190	2/9/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body Fat		%	13	1/17/10	
Blood Pressure - Systolic		mmHg	116	11/23/09	
Blood Pressure - Diastolic		mmHg	67	11/23/09	
Waist		Inches	32	12/20/09	
Biceps					
Thigh					
Calf					
Body Mass Index					
Body Fat %					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		354.5	38.3	10.5	29.3
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Meal 2		333.8	37.5	8.7	28.5
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Meal 3		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Meal 4		346.5	13.7	20.3	29.5
Crustaceans, shrimp, mixed species, raw	20 medium	127.2	1.1	2.1	24.4
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Salad dressing, home recipe, vinegar and oil	1.5 tbsp	105.2	0.6	11.7	0.0
Tomatoes, red, ripe, raw, year round average	10 cherry	30.6	6.7	0.3	1.5
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
Meal 5		462.2	23.0	11.8	62.3
Premier Protein Bar (Chocolate Peanut Butter)	1 bar	280.0	23.0	7.0	30.0
Chicken, roasting, light meat, meat only, cooked, roasted	4.2 oz	182.2	0.0	4.8	32.3
Meal 6		491.3	55.7	12.3	44.9
Chicken, roasting, light meat, meat only, cooked, roasted	4 oz	173.5	0.0	4.6	30.8
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Spinach, raw	4 oz	26.1	4.1	0.4	3.2

Beets, raw	1 beet (2" dia)	35.3	7.8	0.1	1.3
Yambean (jicama), raw	0.25 small	34.7	8.0	0.1	0.7
Carrots, raw	0.5 cup grated	22.6	5.3	0.1	0.5
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Quinoa Pasta (Gluten Free)	0.5 oz	51.8	10.5	0.2	1.5
Eggplant, cooked, boiled, drained, with salt	2 oz	18.7	4.6	0.1	0.5
Sauce, pasta, spaghetti/marinara, ready-to-serve	0.2 cup	44.7	7.1	1.4	0.9
Meal 7		315.0	11.1	14.3	36.8
Met-Rx Whey 100% Ultramyosyn	1 Scoop	115.0	2.0	2.0	22.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.3 cup (8 fl oz)	44.8	3.4	2.4	2.6
Nuts, almonds	8 almond	55.2	2.1	4.7	2.0
Seeds, sunflower seed kernels, dried	1 tbsp	51.1	1.8	4.5	1.8
Totals		2487.3	196.8	82.6	251.7

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	56.0	359.0				32.0	Day 2 - Loading Phase - Legs

Totals	56.0	359.0					

Measurement	Value	Units	Previous	Date	Difference
Weight	170	lb	170	3/1/10	0
Metabolic Rate		kcal	2190	2/9/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body Fat		%	13	1/17/10	
Blood Pressure - Systolic		mmHg	116	11/23/09	
Blood Pressure - Diastolic		mmHg	67	11/23/09	
Waist		Inches	32	12/20/09	
Biceps					
Thigh					
Calf					
Body Mass Index					
Body Fat %					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		354.5	38.3	10.5	29.3
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Meal 2		265.2	27.4	5.5	29.3
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4
Meal 3		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Meal 4		354.0	37.7	7.3	41.4
Real Egg (Kirkland Egg Whites)	1.2 cup	144.0	4.8	0.0	28.8
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Nuts, almond butter, plain, with salt added	1.5 tsp	49.5	1.7	4.6	1.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, red, raw	2 oz	17.6	3.4	0.2	0.6
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tbsp	18.5	7.5	0.0	0.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Meal 5		407.4	38.7	9.1	45.2

Met-Rx Whey 100% Ultramyosyn	1 Scoop	115.0	2.0	2.0	22.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.3 cup (8 fl oz)	44.8	3.4	2.4	2.6
Candies, hard	4 piece, small	47.3	11.8	0.0	0.0
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Meal 6		456.8	27.6	15.8	55.1
Fish, salmon, Atlantic, farmed, cooked, dry heat	6 oz	261.0	0.0	7.5	43.5
Garlic, raw	1.5 tsp	6.3	1.4	0.0	0.3
Mushrooms, white, raw	0.5 cup, whole	10.6	1.6	0.2	1.5
Oil, olive, salad or cooking	0.6 tsp	23.9	0.0	2.7	0.0
Spinach, raw	2 cup	13.8	2.2	0.2	1.7
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.2 cup (8 fl oz)	29.9	2.3	1.6	1.7
Spices, dill weed, dried	0.5 tsp	1.3	0.3	0.0	0.1
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Cheese, parmesan, shredded	1 tbsp	20.8	0.2	1.4	1.9
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Meal 7		245.5	12.2	7.0	33.9

Met-Rx Whey 100% Ultramyosyn	1 Scoop	115.0	2.0	2.0	22.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.3 cup (8 fl oz)	44.8	3.4	2.4	2.6
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Totals		2403.4	218.8	62.6	262.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	56.0	357.3					Loading Phase: Week 2: Day 3: Chest/Back
Totals	56.0	357.3					

Measurement	Value	Units	Previous	Date	Difference
Weight	169	lb	170	3/2/10	-1
Metabolic Rate		kcal	2190	2/9/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					

Thigh (right)				
Calf (left)				
Calf (right)				
Body Fat	%	13	1/17/10	
Blood Pressure - Systolic	mmHg	116	11/23/09	
Blood Pressure - Diastolic	mmHg	67	11/23/09	
Waist	Inches	32	12/20/09	
Biceps				
Thigh				
Calf				
Body Mass Index				
Body Fat %				

Jim - Maintenance

Jim Karger - Daily Report

Mar 4, 2010

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		277.4	21.8	10.0	26.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	0.3 Serving	36.0	7.2	0.5	1.5
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Meal 2		279.1	28.4	7.6	26.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Zone Perfect Protein Bar	0.5 bar	95.0	11.0	3.0	6.0
Meal 3		340.7	37.8	9.3	28.8
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0

5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Meal 4		591.1	36.9	27.4	58.5
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Peanut butter, chunk style, without salt	1 tbsp	95.0	3.5	8.1	3.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Jams and preserves, dietetic (with sodium saccharin), any flavor	2 tsp	12.3	5.0	0.0	0.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Meal 5		224.8	11.4	5.2	33.2
Met-Rx Whey 100% Ultramyosyn	1 Scoop	115.0	2.0	2.0	22.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.3 cup (8 fl oz)	44.8	3.4	2.4	2.6
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Meal 6		575.2	51.2	15.7	38.6
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Sweet potato, cooked, baked in skin, without salt	1 medium (2" dia, 5" long, raw)	102.6	23.6	0.2	2.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3

Alcoholic beverage, wine, table, white	5 oz	116.2	3.7	0.0	0.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Carrots, raw	1 oz	11.6	2.7	0.1	0.3
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Cheese, parmesan, shredded	1 tbsp	20.8	0.2	1.4	1.9
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Meal 7		287.2	14.9	7.2	40.5
Met-Rx Whey 100% Ultramyosyn	1 Scoop	115.0	2.0	2.0	22.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Totals		2575.6	202.3	82.4	252.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Weight lifting (free weight, nautilus or universal-type), power lifting or body building, vigorous effort	56.0	356.5					Loading Phase: Week 3: Day 1 (Arms/Shoulders)
Precor	21.0	225.0					
Totals	77.0	581.5					

Measurement	Value	Units	Previous	Date	Difference
Weight	168	lb	169	3/3/10	-0
Metabolic Rate	2219	kcal	2190	2/9/10	29
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body Fat		%	13	1/17/10	
Blood Pressure - Systolic		mmHg	116	11/23/09	

Blood Pressure - Diastolic	mmHg	67	11/23/09	
Waist	Inches	32	12/20/09	
Biceps				
Thigh				
Calf				
Body Mass Index				
Body Fat %				

Jim - Maintenance

Jim Karger - Daily Report

Mar 5, 2010

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		344.8	38.8	9.5	29.1
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Cocoa, dry powder, unsweetened	1 tsp	4.1	1.0	0.2	0.4
Meal 2		384.1	50.0	8.5	30.9
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1.5 Serving	180.0	36.0	2.2	7.5
Cocoa, dry powder, unsweetened	1 tsp	4.1	1.0	0.2	0.4
Meal 3		399.3	22.4	16.0	44.5
Real Egg (Kirkland Egg Whites)	1 cup	120.0	4.0	0.0	24.0
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Turkey bacon, cooked	1.3 oz cooked, yield	79.5	0.6	5.8	6.2
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0

Nuts, almond butter, plain, with salt added	2 tsp	65.9	2.2	6.2	1.6
Meal 4		218.4	9.2	4.6	35.3
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Meal 5		177.7	7.7	4.0	28.3
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Meal 6		344.7	24.0	10.4	42.5
Fish, salmon, Atlantic, farmed, cooked, dry heat	5 oz	217.5	0.0	6.2	36.2
Fast foods, salad, vegetable, tossed, without dressing	5 oz	22.7	4.6	0.1	1.8
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Beans, snap, green, raw	4 oz	35.2	8.1	0.1	2.1
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Beets, raw	1 tbsp	3.7	0.8	0.0	0.1
Meal 7		312.1	21.6	12.0	29.4
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.75 cup (8 fl oz)	112.1	8.6	6.0	6.4
Totals		2181.0	173.7	65.0	239.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	60.0	379.7					Loading Phase: Week 3: Day 2: Legs: 40 sets
Walking, 2.5 mph, firm surface	30.0	75.9					To and from town
Totals	90.0	455.6					

Measurement	Value	Units	Previous	Date	Difference
Weight	167	lb	168	3/4/10	-1
Metabolic Rate		kcal	2219	3/4/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body Fat		%	13	1/17/10	
Blood Pressure - Systolic		mmHg	116	11/23/09	

Blood Pressure - Diastolic	mmHg	67	11/23/09	
Waist	Inches	32	12/20/09	
Biceps				
Thigh				
Calf				
Body Mass Index				
Body Fat %				

Jim - Maintenance

Jim Karger - Daily Report

Mar 6, 2010

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Meal 1		358.4	39.3	10.7	29.6
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Cocoa, dry powder, unsweetened, processed with alkali	1 tsp	3.9	1.0	0.2	0.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Meal 2		279.1	28.4	7.6	26.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Zone Perfect Protein Bar	0.5 bar	95.0	11.0	3.0	6.0
Meal 3		384.1	50.0	8.5	30.9
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1.5 Serving	180.0	36.0	2.2	7.5
Cocoa, dry powder, unsweetened	1 tsp	4.1	1.0	0.2	0.4
Meal 4		512.1	33.9	25.1	44.5

Syntha 6 Premix Drink	8 oz	132.5	7.1	2.8	18.9
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Tomatoes, red, ripe, raw, year round average	8 cherry	24.5	5.3	0.3	1.2
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Meal 5		177.7	7.7	4.0	28.3
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Meal 6		851.9	50.4	36.6	40.1
Crustaceans, shrimp, mixed species, cooked, moist heat	6 large	32.7	0.0	0.4	6.9
Chicken, roasting, light meat, meat only, cooked, roasted	3 oz	130.1	0.0	3.5	23.1
Fast foods, salad, vegetable, tossed, without dressing	8 oz	36.3	7.3	0.2	2.8
Snacks, tortilla chips, plain, white corn	1 oz	138.6	18.6	6.6	2.2
Salad dressing, home recipe, vinegar and oil	2 tablespoon	143.7	0.8	16.0	0.0
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Other (blow out meal)	1 portion	250.0	20.0	10.0	5.0

Meal 7		400.8	26.8	8.3	57.8
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	1 cup (8 fl oz)	149.4	11.4	8.0	8.5
Maxi-Whey Plus (Vanilla)	2 Scoop	206.0	4.0	0.0	48.0
Cereals ready-to-eat, bran flakes, single brand	0.5 oz	45.4	11.4	0.3	1.3
Totals		2964.1	236.6	100.8	257.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	60.0	379.7					
Totals							
	60.0	379.7					

Measurement	Value	Units	Previous	Date	Difference
Weight		lb	167	3/5/10	
Metabolic Rate		kcal	2219	3/4/10	
Neck					
Chest					
Waist		inches	32	1/17/10	
Hips					
Biceps (left)					
Biceps (right)					
Forearm (left)					
Forearm (right)					
Thigh (left)					
Thigh (right)					

Calf (left)				
Calf (right)				
Body Fat	%	13	1/17/10	
Blood Pressure - Systolic	mmHg	116	11/23/09	
Blood Pressure - Diastolic	mmHg	67	11/23/09	
Waist	Inches	32	12/20/09	
Biceps				
Thigh				
Calf				
Body Mass Index				
Body Fat %				