

Food Log
Jan 4, 2010 - Feb 2, 2010

Scott Patton

Detailed Food Log - Last 30 days

Tue Jan 12, 2010 (23 days ago)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	11 Fl Oz	180	5g	24g	10g
AM Snack	STOUFFER'S LEAN CUISINE CAFE CLASSICS Chicken ...	1 Item	260	5	38	17
Lunch	Corn Yellow Sweet Frozen Boiled Drained	1 Cup	133	1	32	4
	Peas and Carrots Frozen Boiled Drained	1 Cup	77	1	16	5
	Chicken Breast Meat Only Roasted	10 Ounce	468	10	0	88
Totals for this meal:			678	12	48	97
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	Diet 7 UP	8 Fl Oz	0	0	0	0
Late Snack	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	3 Tbsp	75	0	15	0
	Hot Chocolate Powder	80 Milliliter	308	3	65	5
Totals for this meal:			383	3	80	5
Total			1721	31	222	140

Wed Jan 13, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Lean Cuisine - Chicken Ranch Club	1 Serving	330	9	41	21
PM Snack	Powerbar - Triple Threat	1 Serving	220	9	31	10
Dinner	HAMBURGER HELPER Lasagna, Prepared	1.5 Cup	405	15	44	29
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	Yellow Corn, Fresh, Cooked	4 Ounce	122	1	28	4
	BIRDS EYE STEAMFRESH Premium Selects Broccoli F...	1 Cup	30	0	4	1
Totals for this meal:			657	16	96	34
Late Snack	PopWeaver	5 Serving	100	2	15	0
Total			1699	47	238	86

Thu Jan 14, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
AM Snack	Not Logged	Not Logged	0	n/a	n/a	n/a
Lunch	Not Logged	Not Logged	0	n/a	n/a	n/a
PM Snack	Not Logged	Not Logged	0	n/a	n/a	n/a
Dinner	Not Logged	Not Logged	0	n/a	n/a	n/a
Late Snack	Not Logged	Not Logged	0	n/a	n/a	n/a
Total			100	0	20	0

Fri Jan 15, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	KELLOGG'S FROSTED FLAKES Cereal	1 Cup	160	0	37	1
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Fri Jan 15, 2010 (CONT'D)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast (CONT'D)	Milk Dry Non Fat without Added Vitamin A	0.33 Cup	145	0g	21g	14g
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
Totals for this meal:			577	5	101	25
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Chargrilled Chicken Sandwich	2 Serving	600	7	76	58
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	Taco Soup w/Chicken	3 Serving	796	8	120	61
Late Snack	Skipped Meal					
Total			2413	32	361	166

Sat Jan 16, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
AM Snack	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	3 Tbsp	75	0	15	0
	SLIM FAST OPTIMA Cappucino Delight Shake Ready...	11 Fl Oz	180	5	24	10
Totals for this meal:			255	5	39	10
Lunch	Chargrilled Chicken Sandwich	2 Serving	600	7	76	58
PM Snack	Skipped Meal					
Dinner	Avocado, California	4 Ounce	201	20	8	2
	SOUTHERN TSUNAMI Crunchy Shrimp Sushi Roll	15 Piece	635	26	80	25
Totals for this meal:			836	46	88	27
Late Snack	PAPA JOHN'S 14" Cheese Pizza Original Crust	0.5 Slice	152	5	19	7
Total			1943	63	242	102

Sun Jan 17, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
AM Snack	SLIM FAST OPTIMA Cappucino Delight Shake Ready...	11 Fl Oz	180	5	24	10
Lunch	Hummus Commercial	2.25 Tbsp	52	3	5	2
	ATHENOS Chips Pita Original	1 Ounce	121	4	19	3
	SUBWAY CLASSIC ITALIAN B.M.T. Sandwich, 6 Inch,...	1 Item	478	24	46	22
Totals for this meal:			651	31	70	27
PM Snack	Apple	1.5 Item	122	1	32	0
Dinner	Chips Tortilla Plain	3 Ounce	416	20	56	7
	Joey	1 Serving	760	27	87	38
Totals for this meal:			1176	47	143	45
Late Snack	Skipped Meal					
Total			2229	84	289	82

Mon Jan 18, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	Protien	1 Serving	110	1	2	24
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Detailed Food Log - Last 30 days (CONT'D)

Mon Jan 18, 2010 (CONT'D)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast (CONT'D)	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5g	23g	10g
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			382	6	45	34
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Apple	1 Item	81	0	21	0
	SUBWAY CLASSIC ITALIAN B.M.T. Sandwich, 6 Inch,...	1.5 Item	717	36	69	33
Totals for this meal:			798	36	90	33
PM Snack	SLIM FAST OPTIMA Cappucino Delight Shake Ready...	11 Fl Oz	180	5	24	10
Dinner	Chilli	1.25 Serving	705	33	46	56
	GREEN GIANT Potatoes Garlic & Herb Sauce Roaste...	1 Cup	180	4	30	4
Totals for this meal:			885	37	76	60
Late Snack	Skipped Meal					
Total			2465	90	267	148

Tue Jan 19, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	Protien	1 Serving	110	1	2	24
Totals for this meal:			382	6	45	34
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Chophouse Steak Flatbread	1 Serving	330	9	40	21
	Apple	1.5 Item	122	1	32	0
Totals for this meal:			452	10	72	21
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	2 Item	440	12	64	22
Dinner	Spaghetti	2 Serving	570	29	35	42
	Barilla - 2 step	1 Serving	420	4	76	20
	GREEN GIANT SIMPLY STEAM Vegetable Baby Medle...	1 Cup	80	2	18	2
Totals for this meal:			1070	35	129	64
Late Snack	Skipped Meal					
Total			2564	69	342	152

Wed Jan 20, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	Apple	1 Item	81	0	21	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			353	5	64	10
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
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Detailed Food Log - Last 30 days (CONT'D)

Wed Jan 20, 2010 (CONT'D)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Lunch	Chicken Ranch Club	1 Serving	330	9g	41g	21g
PM Snack	Hot Chocolate Packet	1 Serving	80	3	15	0
Dinner	GREEN GIANT Potatoes Garlic & Herb Sauce Roaste...	2 Cup	360	8	60	8
	Chilli	1.25 Serving	705	33	46	56
Totals for this meal:			1065	41	106	64
Late Snack	M&M MARS M&M's Candy or Candies Peanut Choco...	1 Item	244	12	29	5
Total			2292	76	287	111

Thu Jan 21, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	MetRx Bar	1 Serving	310	9	32	32
Totals for this meal:			410	9	52	32
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	CHICK-FIL-A Sandwich Chargrilled Chicken	1 Item	260	3	33	27
	Powerbar - Triple Threat	1 Serving	220	9	31	10
Totals for this meal:			480	12	64	37
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
	M&M MARS M&M's Candy or Candies Peanut Choco...	0.5 Item	122	6	14	2
Totals for this meal:			342	12	46	13
Dinner	Joey	1 Serving	760	27	87	38
	Plain Tortilla Chips	3 Ounce	427	22	54	6
Totals for this meal:			1187	49	141	44
Late Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Total			2859	94	367	148

Fri Jan 22, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	Apple	1 Item	81	0	21	0
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
Totals for this meal:			353	5	64	10
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	CHICK-FIL-A Lemonade Diet Large	22.5 Fl Oz	30	0	11	0
	CHICK-FIL-A Sandwich Chargrilled Chicken	2 Item	520	6	66	54
Totals for this meal:			550	6	77	54
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	Caribbean Salad	2 Serving	880	20	102	66
Late Snack	M&M MARS M&M's Candy or Candies Peanut Choco...	1 Item	244	12	29	5
Total			2467	55	336	157

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Sat Jan 23, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0g	20g	0g
AM Snack	Skipped Meal					
Lunch	CHICK-FIL-A Sandwich Chargrilled Chicken	2 Item	520	6	66	54
PM Snack	Cheese Pizza	2 Slice	281	6	41	15
Dinner	Pasta	2 Cup	415	5	77	15
	Chili Con Carne with Beans Canned	2 Serving	537	23	51	31
Totals for this meal:			952	28	128	46
Late Snack	Popcorn Popped in Oil	2 Cup	128	10	10	2
Total			1981	50	265	117

Sun Jan 24, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
Totals for this meal:			272	5	43	10
AM Snack	Skipped Meal					
Lunch	Cheese Cheddar Shredded	2 Ounce	228	19	1	14
	BOAR'S HEAD Black Forest Brand Smoked Ham	4 Ounce	121	2	4	20
	Eggs Scrambled or Omelet Fat Added in Cooking	4 Item	374	27	5	26
	Pancake Plain Prepared	2.5 Item	216	9	27	6
	Syrup Maple	0.2 Cup	167	0	43	0
Totals for this meal:			1106	57	80	66
PM Snack	Skipped Meal					
Dinner	Zaxby's House Zalad	1 Serving	607	30	36	50
Late Snack	M&M MARS M&M's Candy or Candies Peanut Choco...	0.5 Item	122	6	14	2
Total			2107	98	173	128

Mon Jan 25, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)		
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
Totals for this meal:			272	5	43	10
AM Snack	QUAKER WEIGHT CONTROL Cinnamon Oatmeal Pre...	1 Item	160	3	29	7
	EDEN FOODS Organic Apple Cider Vinegar	200 Milliliter	0	0	0	0
	Honey	2 Tbsp	128	0	35	0
Totals for this meal:			288	3	64	7
Lunch	Chicken Ranch Club	1 Serving	330	9	41	21
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	Pizza Combination Meat and Vegetables Thick Cru...	3 Slice	699	29	82	26

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Mon Jan 25, 2010 (CONT'D)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Dinner (CONT'D)	ATLANTA BREAD Brownie Double Chocolate	2.15 Ounce	218	9g	35g	3g
Totals for this meal:			917	38	117	29
Late Snack	Skipped Meal					
Total			2027	61	297	78

Tue Jan 26, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Breakfast	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			272	5	43	10
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1.5 Item	330	9	48	17
Lunch	Chicken Ranch Club	1 Serving	330	9	41	21
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	2 Item	440	12	64	22
Dinner	CRIPPLE CREEK Pulled Pork	8 Ounce	520	20	40	52
	Sandwich Thin	1.5 Serving	150	2	33	6
	Cole Slaw Creamy	1 Cup	348	32	15	3
Totals for this meal:			1018	54	88	61
Late Snack	Corn Yellow Sweet Boiled Drained	1.5 Cup	266	3	62	8
Total			2656	92	346	139

Wed Jan 27, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Breakfast	QUAKER Weight Control Maple & Brown Sugar Oat...	1 Item	160	3	29	7
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			480	9	81	18
AM Snack	Honey	1.5 Tbsp	96	0	26	0
Lunch	POWERBAR TRIPLE THREAT Caramel Peanut Fusion	1 Item	230	9	31	10
	Chicken Ranch Club	1 Serving	330	9	41	21
Totals for this meal:			560	18	72	31
PM Snack	Honey	1.5 Tbsp	96	0	26	0
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Totals for this meal:			316	6	58	11
Dinner	Bacon Pork or Pork Side Cooked	3 Slice	130	10	0	9
	Potato Baked	2.5 Item	402	1	91	11
	Butter	1 Tbsp	108	12	0	0
	Cheddar Cheese, Shredded	0.75 Cup	342	28	1	21
Totals for this meal:			982	51	92	41
Late Snack	BLUE BUNNY Ice Cream Sandwich Mississippi Mud	1 Item	150	4	25	3
Total			2584	88	354	104

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Thu Jan 28, 2010		SERVING SIZE	CALORIES	FAT	CARB. (IN GRAMS)	PROTEIN
Breakfast	QUAKER Weight Control Maple & Brown Sugar Oat...	1 Item	160	3g	29g	7g
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			480	9	81	18
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Chicken Ranch Club	1 Serving	330	9	41	21
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	Plain Tortilla Chips	3 Ounce	427	22	54	6
	Fajita Chicken	1 Serving	530	26	28	52
	Fajita Condiments	1 Serving	230	19	7	10
Totals for this meal:			1187	67	89	68
Late Snack	Skipped Meal					
Total			2437	97	275	129

Fri Jan 29, 2010		SERVING SIZE	CALORIES	FAT	CARB. (IN GRAMS)	PROTEIN
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Totals for this meal:			320	6	52	11
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Fajita Chicken	0.5 Serving	265	13	14	26
	Quesadilla (Tortilla with Cheese)	1 Item	327	18	25	17
	Plain Tortilla Chips	2 Ounce	285	15	36	4
Totals for this meal:			877	46	75	47
PM Snack	Skipped Meal					
Dinner	BLIMPIE Ciabatta Sandwich Buffalo Chicken Regular	1.5 Item	875	41	75	48
	Apple Crisp	3 Piece	586	24	91	6
Totals for this meal:			1461	65	166	54
Late Snack	Skipped Meal					
Total			2878	123	325	123

Sat Jan 30, 2010		SERVING SIZE	CALORIES	FAT	CARB. (IN GRAMS)	PROTEIN
Breakfast	CHICK-FIL-A Chicken Biscuit	1 Item	450	20	48	19
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			550	20	68	19
AM Snack	Popcorn Popped in Oil	4 Cup	257	19	20	3
Lunch	Cake White with Icing	1 Slice	251	9	43	2
PM Snack	California Pizza Kitchen BBQ Chicken	3 Serving	840	27	99	51
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Sat Jan 30, 2010 (CONT'D)		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Dinner	Jerky Beef Chopped and Formed	1 Item	81	5g	2g	7g
Late Snack	DREYERS/EDYS GRAND French Vanilla Ice Cream	0.5 Cup	150	9	16	2
	Cake White with Icing	1.5 Slice	377	13	64	3
Totals for this meal:			527	22	80	5
Total			2506	102	312	87

Sun Jan 31, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Breakfast	Muffin Blueberry Artificial Dry Mix	1 Item	126	3	24	1
	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
Totals for this meal:			226	3	44	1
AM Snack	Cantaloupe	1.25 Cup	70	1	17	2
	Ham and Cheese Omelet	350 Gram	636	48	3	44
	Pancake Syrup with Butter	0.25 Cup	237	1	59	0
Totals for this meal:			943	50	79	46
Lunch	Skipped Meal					
PM Snack	Parmesan Cheese, Grated	4 Tbsp	91	6	1	8
	RAGU Light Tomato & Basil Pasta Sauce	1 Cup	100	0	20	4
	BUITONI Three Cheese Tortellini	2.5 Cup	800	18	125	38
Totals for this meal:			991	24	146	50
Dinner	Skipped Meal					
Late Snack	Skipped Meal					
Total			2160	77	269	97

Mon Feb 01, 2010		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0	20	0
	SLIM FAST OPTIMA Rich Chocolate Royal Shake Rea...	10.5 Fl Oz	172	5	23	10
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Totals for this meal:			492	11	75	21
AM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Lunch	Powerbar - Triple Threat	1 Serving	220	9	31	10
	Chicken Ranch Club	1 Serving	330	9	41	21
Totals for this meal:			550	18	72	31
PM Snack	100 CALORIE PACKS MISTER SALTY Chocolate Cove...	1 Serving	100	4	16	2
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Totals for this meal:			320	10	48	13
Dinner	HAMBURGER HELPER Lasagna, Prepared	2 Cup	540	20	58	38
	GREEN GIANT STEAMERS Corn Super Sweet Butter S...	2.25 Cup	270	5	45	9

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		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Mon Feb 01, 2010 (CONT'D)						
Totals for this meal:			810	25	103	47
Late Snack	Skipped Meal					
Total			2392	70	330	123

		SERVING SIZE	CALORIES	FAT	CARB.	PROTEIN
				(IN GRAMS)	(IN GRAMS)	(IN GRAMS)
Tue Feb 02, 2010						
Breakfast	COFFEEMATE Fat Free Irish Creme/French Vanilla N...	4 Tbsp	100	0g	20g	0g
	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Totals for this meal:			320	6	52	11
AM Snack	QUAKER WEIGHT CONTROL Cinnamon Oatmeal Pre...	1 Item	160	3	29	7
Lunch	Powerbar - Triple Threat	1 Serving	220	9	31	10
	Chicken Ranch Club	1 Serving	330	9	41	21
Totals for this meal:			550	18	72	31
PM Snack	POWERBAR TRIPLE THREAT Chocolate Peanut Butter...	1 Item	220	6	32	11
Dinner	GREEN GIANT Peas Sweet Baby Butter Sauce Frozen	1.75 Cup	187	4	33	12
	Army Men	3 Serving	510	6	84	36
Totals for this meal:			697	10	117	48
Late Snack	DQ Small - Chocolate Dip	1 Serving	330	16	41	6
Total			2277	59	343	114