

Report for 7 Dec 2009

Calories Consumed	+1745
Calories Burned (BMR)	-1829
Calories Burned (Exercise)	-0
Net Calories	-84

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Cereal, Joe's O's	3.0	44.0	2.0	6.0	6.0	560.0	0.0	120.0	220
Rockstar Sugar Free Energy Drink	0.0	0.0	0.0	0.0	0.0	250.0	0.0	0.0	20
Totals	3.0	44.0	2.0	6.0	6.0	810.0	0.0	120.0	240

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Italian salad mix	0.0	3.0	1.0	1.0	2.0	5.0	0.0	0.0	15
Salad dressing, KRAFT Zesty Italian Dressing (2 tbsp)	11.1	1.8	1.3	0.1	0.2	505.0	0.0	8.0	108
Pinto Beans -100g-	1.4	52.4	0.6	18.0	18.0	2.0	0.0	872.0	286
Totals	12.5	57.2	2.9	19.1	20.2	512.0	0.0	880.0	409

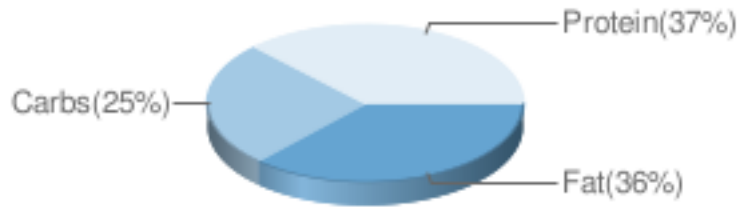
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Oreo, chocolate, Slenderita Blendini	5.0	85.0	0.0	5.0	0.0	0.0	0.0	0.0	425
Totals	5.0	85.0	0.0	5.0	0.0	0.0	0.0	0.0	425

Uncategorized	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Slow Cooker BBQ Pulled Pork	20.0	15.0	0.0	24.0	1.0	632.0	88.0	0.0	336
Country Potato Soup	8.0	23.0	4.0	4.0	0.0	760.0	20.0	0.0	173
Sweet potato, cooked, baked in skin, without salt (1 large)	0.3	37.3	11.7	3.6	5.9	64.0	0.0	855.0	162
Totals	28.3	75.3	15.7	31.6	6.9	1456.0	108.0	855.0	671

Daily Nutrition Totals	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
	48.8	261.4	20.6	61.7	33.1	2778.0	108.0	1855.0	1745
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 8 Dec 2009

Calories Consumed	+1754
Calories Burned (BMR)	-1829
Calories Burned (Exercise)	-0
Net Calories	-75

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Monster Lo-Carb	0.0	9.0	9.0	0.0	0.0	540.0	0.0	0.0	30
Carb Control Chocolate Shake	3.5	5.0	0.0	25.0	2.0	350.0	10.0	390.0	150
Zone Perfect Dark Chocolate Almond	6.0	22.0	13.0	12.0	2.0	180.0	5.0	170.0	190
Totals	9.5	36.0	22.0	37.0	4.0	1070.0	15.0	560.0	370
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Lightly Salted Peanuts	18.0	6.0	0.0	9.0	0.0	120.0	0.0	0.0	210
Totals	18.0	6.0	0.0	9.0	0.0	120.0	0.0	0.0	210
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Subway 6" Roast Beef	6.0	45.0	0.0	19.0	0.0	0.0	0.0	0.0	345
Totals	6.0	45.0	0.0	19.0	0.0	0.0	0.0	0.0	345
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
chicharrones	10.0	0.0	0.0	18.0	0.0	440.0	30.0	0.0	160
Totals	10.0	0.0	0.0	18.0	0.0	440.0	30.0	0.0	160
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
tom yum koong	3.0	0.0	0.0	14.0	0.0	0.0	4.0	0.0	100
Massaman Curry	23.7	23.5	4.0	62.6	4.4	478.0	189.6	1112.0	569
Totals	26.7	23.5	4.0	76.6	4.4	478.0	193.6	1112.0	669
Daily Nutrition Totals	70.2	110.5	26.0	159.6	8.4	2108.0	238.6	1672.0	1754
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	