

**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
<b>Totals</b>	<b>3.0</b>	<b>44.0</b>	<b>2.0</b>	<b>6.0</b>	<b>6.0</b>	<b>810.0</b>	<b>0.0</b>	<b>120.0</b>	<b>240</b>

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
<b>Totals</b>	<b>12.5</b>	<b>57.2</b>	<b>2.9</b>	<b>19.1</b>	<b>20.2</b>	<b>512.0</b>	<b>0.0</b>	<b>880.0</b>	<b>409</b>

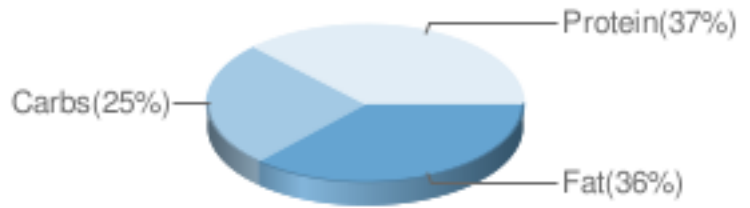
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Oreo, chocolate, Slenderita Blendini	5.0	85.0	0.0	5.0	0.0	0.0	0.0	0.0	425
<b>Totals</b>	<b>5.0</b>	<b>85.0</b>	<b>0.0</b>	<b>5.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>425</b>

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
<b>Totals</b>	<b>28.3</b>	<b>75.3</b>	<b>15.7</b>	<b>31.6</b>	<b>6.9</b>	<b>1456.0</b>	<b>108.0</b>	<b>855.0</b>	<b>671</b>

<b>Daily Nutrition Totals</b>	<b>48.8</b>	<b>261.4</b>	<b>20.6</b>	<b>61.7</b>	<b>33.1</b>	<b>2778.0</b>	<b>108.0</b>	<b>1855.0</b>	<b>1745</b>
	(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
<b>Totals</b>	<b>9.5</b>	<b>36.0</b>	<b>22.0</b>	<b>37.0</b>	<b>4.0</b>	<b>1070.0</b>	<b>15.0</b>	<b>560.0</b>	<b>370</b>
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
<b>Totals</b>	<b>18.0</b>	<b>6.0</b>	<b>0.0</b>	<b>9.0</b>	<b>0.0</b>	<b>120.0</b>	<b>0.0</b>	<b>0.0</b>	<b>210</b>
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
<b>Totals</b>	<b>6.0</b>	<b>45.0</b>	<b>0.0</b>	<b>19.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>345</b>
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
<b>Totals</b>	<b>10.0</b>	<b>0.0</b>	<b>0.0</b>	<b>18.0</b>	<b>0.0</b>	<b>440.0</b>	<b>30.0</b>	<b>0.0</b>	<b>160</b>
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
<b>Totals</b>	<b>26.7</b>	<b>23.5</b>	<b>4.0</b>	<b>76.6</b>	<b>4.4</b>	<b>478.0</b>	<b>193.6</b>	<b>1112.0</b>	<b>669</b>
<b>Daily Nutrition Totals</b>	<b>70.2</b>	<b>110.5</b>	<b>26.0</b>	<b>159.6</b>	<b>8.4</b>	<b>2108.0</b>	<b>238.6</b>	<b>1672.0</b>	<b>1754</b>
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	