

Printable Nutrition Report For: 1/9/2009	Start Date: Jan 9 2009
	Days To Show: 1
	<input type="button" value="Update"/>

FRIDAY, JANUARY 9, 2009

**BREAKFAST**

	Calories	Fat	Carbohydrates	Protein
Egg substitute, liquid (Egg Beaters), 16 tbsp	211	8	2	30
Milk, nonfat, 0.06 cup	5	0	1	1
Kirkland Multigrain Bagel, 1 serving	300	4	56	11
Banana, fresh, 1 medium (7" to 7-7/8" long)	109	1	28	1
<b>MEAL TOTALS:</b>	<b>625</b>	<b>13</b>	<b>86</b>	<b>43</b>

**LUNCH**

Quaker Instant Oatmeal, with maple and brown sugar, prepared with water, 1 packet, prepared	157	2	31	4
Whey Protein Shake, 1 serving	233	0	14	44
Apples, fresh, 1 medium (2-3/4" dia) (approx 3 per lb)	81	0	21	0
<b>MEAL TOTALS:</b>	<b>471</b>	<b>2</b>	<b>66</b>	<b>48</b>

**DINNER**

Kirkland Chicken Breast, 150 gram(s)	158	2	2	33
Broccoli, fresh, 1 cup, chopped	25	0	5	3
Carrots, raw, 1 cup, chopped	52	0	12	1
Olive Oil, Extra Virgin, 0.5 tbs	63	7	0	0
Baked Potato (baked potatoes), 150 grams	140	0	32	3
<b>MEAL TOTALS:</b>	<b>437</b>	<b>9</b>	<b>51</b>	<b>40</b>

**SNACK**

Carrots, raw, 1 cup, chopped	52	0	12	1
Kirkland Lean Ground Beef Patty, 255 gram(s)	540	38	0	50
<b>MEAL TOTALS:</b>	<b>592</b>	<b>38</b>	<b>12</b>	<b>51</b>

**SNACK 2**

Whey Protein Shake, 1 serving	233	0	14	44
<b>MEAL TOTALS:</b>	<b>233</b>	<b>0</b>	<b>14</b>	<b>44</b>

**SNACK 3**

Egg substitute, liquid (Egg Beaters), 16 tbsp	211	8	2	30
Bread, whole wheat (including toast), 2 slice, thin (3-3/4" x 5" x 3/8")	183	4	34	6
<b>MEAL TOTALS:</b>	<b>394</b>	<b>12</b>	<b>35</b>	<b>36</b>
<b>DAILY TOTALS:</b>	<b>2,752</b>	<b>75</b>	<b>264</b>	<b>261</b>
<b>DAILY GOAL:</b>	<b>2550 - 3050</b>	<b>42 - 88</b>	<b>215 - 367</b>	<b>205 - 240</b>