

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
MEAL TOTALS:	625	13	86	43

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
MEAL TOTALS:	471	2	66	48

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
MEAL TOTALS:	437	9	51	40

SNACK

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

SNACK 2

Whey Protein Shake, 1 serving	233	0	14	44
MEAL TOTALS:	233	0	14	44

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
MEAL TOTALS:	394	12	35	36
DAILY TOTALS:	2,752	75	264	261
DAILY GOAL:	2550 - 3050	42 - 88	215 - 367	205 - 240