

Date	Group Type	Item Name	Qty	Serving	Calories	Carbs	Fat	Fibre	Protein	Adj Crbs
4/20/2009	Breakfast	Cream: Half & Half, Fat-Free	2	fl.oz	35.79	5.46	0.85	0	1.58	5.46
		Wawa: Sandwiches & Burgers: Cold Shortis,								
4/20/2009	Dinner	Turkey & Cheese	1	sandwich (1	370	48	11	3	24.84	48
4/20/2009	Dinner	Doritos: Tortilla Chips: Nacho Cheese,	2	serving (1 c	280	34	16	2	4	34
4/20/2009	Lunch	Boar's Head: Deli & Luncheon Meat: Ham,	1	serving (2 c	60	2	1	0	10	2
4/20/2009	Lunch	Cheese: American, regular	1	slice (0.7 o	78.75	0.34	6.56	0	4.65	0.34
4/20/2009	Lunch	High Fiber Low Cal Bread	1	1 Serving, :	70	17	1	5	3	12
		Stonyfield Farm: Yogurt Drinks: Organic								
4/20/2009	Lunch	Smoothies, Wild Berry	1	bottle (6 oz	137.68	23.35	1.8	0.3	5.99	23.35
4/20/2009	Lunch	Fiber One Toaster Pastries	2	1 pastrie (1	380	72	8	10	8	62
4/20/2009	Snack	Fiber One: Diet Bars: Chewy, Oats &	1	bar (1.4 oz,	140	29	4	9	2	20
4/20/2009	Snack	Fiber One Toaster Pastries	2	1 pastrie (1	380	72	8	10	8	62
4/20/2009	Total				1932.22	303.15	58.21	39.3	72.06	269.15
		Designer Whey: Nutritional Drink Mixes:								
4/21/2009	Breakfast	Protein Powder, average all varieties	1	level scoop	100	3	2	0.5	18	3
		Ethnic Gourmet: Frozen Meals: Taste of								
4/21/2009	Dinner	China, Kung Pao Chicken, Spiced	1	package (1	370	53	9	3	16	53
4/21/2009	Dinner	Rice: White, short-grain, unenriched, cooked	1	cup (7.2 oz	266.5	58.9	0.39		4.84	58.9
4/21/2009	Lunch	High Fiber Low Cal Bread	1	1 Serving, :	70	17	1	5	3	12
4/21/2009	Lunch	Cheese: American, regular	1	slice (0.7 o	78.75	0.34	6.56	0	4.65	0.34
4/21/2009	Lunch	Boar's Head: Deli & Luncheon Meat: Ham,	1	serving (2 c	60	2	1	0	10	2
4/21/2009	Lunch	Fruit, Fresh: Apples, with skin, raw, edible	1	large, 3-1/4	110.24	29.28	0.36	5.09	0.55	24.19
4/21/2009	Snack	Fiber One: Diet Bars: Chewy, Oats &	1	bar (1.4 oz,	140	29	4	9	2	20
4/21/2009	Snack	Dream Pie (chocolate)	1	1 Seving (1	290	45	11		4	45
4/21/2009	Snack	Smucker's: Jams: Jelly, Red Raspberry	1	tablespoon	50	13	0	0	0	13
		Jif: Nut Spreads: Peanut Butter, Reduced-Fat								
4/21/2009	Snack	Creamy	2	tablespoon	190	15	12	1	8	15
4/21/2009	Snack	High Fiber Low Cal Bread	1	1 Serving, :	70	17	1	5	3	12
4/21/2009	Total				1795.49	282.52	48.31	28.59	74.04	258.43
		Designer Whey: Nutritional Drink Mixes:								
4/22/2009	Breakfast	Protein Powder, average all varieties	1	level scoop	100	3	2	0.5	18	3
		Chicken: Broilers or Fryers, Breast, roasted,								
4/22/2009	Dinner	meat only, without skin	6	oz	280.67	0	6.07	0	52.77	0
		Stove Top: Bread Products & Mixes: Stuffing								
4/22/2009	Dinner	Mixes, Cornbread	2	serving (1 c	220	42	2	2	6	42

	Green Giant: Vegetables, Frozen /								
4/22/2009	Dinner	Refrigerated: Green Beans, Cut, steam bag	0.5 package (1	72.6	14.52	0	5.81	2.9	8.71
4/22/2009	Dinner	Gravy: Chicken, canned	2 serving, 1/2	94.01	6.45	6.79	0.48	2.3	6.45
4/22/2009	Exercise	Walking: Outdoor, 2.5 mph	25 minutes	-126.02					0
4/22/2009	Lunch	High Fiber Low Cal Bread	1 1 Serving, 1	70	17	1	5	3	12
4/22/2009	Lunch	Boar's Head: Deli & Luncheon Meat: Ham,	1 serving (2 c	60	2	1	0	10	2
4/22/2009	Lunch	Cheese: American, regular	1 slice (0.7 o	78.75	0.34	6.56	0	4.65	0.34
4/22/2009	Lunch	Fruit, Fresh: Banana, edible portion	1 medium, 7"	105.02	26.95	0.39	3.07	1.29	26.95
4/22/2009	Snack	Fiber One: Diet Bars: Chewy, Oats &	1 bar (1.4 oz	140	29	4	9	2	20
4/22/2009	Snack	Dream Pie (chocolate)	1 1 Seving (1	290	45	11		4	45
4/22/2009	Total			1385.03	186.26	40.81	25.86	106.91	166.45
		Designer Whey: Nutritional Drink Mixes:							
4/23/2009	Breakfast	Protein Powder, average all varieties	1 level scoop	100	3	2	0.5	18	3
4/23/2009	Dinner	Pork: Rib Chops (Boneless) Lean, broiled	1.5 serving, co	366.12	0	17.03	0	49.93	0
		Green Giant: Vegetables, Frozen /							
4/23/2009	Dinner	Refrigerated: Green Beans, Cut, steam bag	2 serving, 3/4	50	10	0	4	2	10
		Vegetables, Packaged: Potatoes, scalloped,							
4/23/2009	Dinner	dry mix, prepared w. water, whole milk &	1 serving, 1/2	127.41	17.49	5.89	1.51	2.9	17.49
4/23/2009	Dinner	Snickers: Chocolate Bars: Snickers	1 bar (2.1 oz	280	35	14	1	4	35
		Chicken: Broilers or Fryers, Breast, roasted,							
4/23/2009	Lunch	meat only, without skin	6 oz	280.67	0	6.07	0	52.77	0
		Stove Top: Bread Products & Mixes: Stuffing							
4/23/2009	Lunch	Mixes, Cornbread	2 serving (1 c	220	42	2	2	6	42
4/23/2009	Lunch	Gravy: Mix, Chicken, prepared (Heinz)	1.5 serving, 1/2	37.5	6	1.5	0	0	6
4/23/2009	Snack	Cream: Half & Half, Fat-Free	2 fl.oz	35.79	5.46	0.85	0	1.58	5.46
4/23/2009	Snack	Fruit, Fresh: Banana, edible portion	1 medium, 7"	105.02	26.95	0.39	3.07	1.29	26.95
4/23/2009	Snack	Dream Pie (chocolate)	1 1 Seving (1	290	45	11		4	45
4/23/2009	Snack	Tim Hortons: Soups: Vegetable Beef Barley	1 bowl (10 oz	110	21	1.5	2	4	21
4/23/2009	Total			2002.51	211.9	62.23	14.08	146.47	211.9
		Chinese & Asian: Kung Pao Chicken (Panda							
4/24/2009	Dinner	Express)	2 serving (5.1	480	24	30	10	32	14
4/24/2009	Exercise	Walking: Outdoor, 3.0 mph, moderate pace	40 minutes	-302.67					0
4/24/2009	Lunch	Pork: Rib Chops (Boneless) Lean, broiled	1 serving, co	244.08	0	11.36	0	33.29	0
		Westbrae Natural: Vegetables, Canned:							
4/24/2009	Lunch	Organic Green Beans, French Cut, drained	1 serving, 1/2	20	4	0	1	1	4
		Vegetables, Packaged: Potatoes, scalloped,							
4/24/2009	Lunch	dry mix, prepared w. water, whole milk &	0.5 serving, 1/2	63.71	8.75	2.95	0.75	1.45	8.75

4/24/2009 Snack	Stonyfield Farm: Yogurts: Organic Fat-Free, French Vanilla	1.5 container (1	130.76	25.15	0	0	7.04	25.15
4/24/2009 Snack	Fiber One: Breakfast Cereals, Ready To Eat: Original	1 serving, 1/2	60	25	1	14	2	11
4/24/2009 Snack	Fiber One: Diet Bars: Chewy, Oats &	1 bar (1.4 oz)	140	29	4	9	2	20
4/24/2009 Snack	Wines: Red, medium, Rose style	2 wine glass	163.2	4.32	0		0.48	4.32
4/24/2009 Total			999.08	120.22	49.31	34.75	79.26	87.22
Grand Total			8114.33	1104.05	258.87	142.58	478.74	993.15
Adjusted Carbs								
Targets			8010	600.5	267	125	801	