

Report for 4 Jun 2010

Calories Consumed	+1581
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-461

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Mixed Berry Shake by ICCK	3.7	31.4	20.0	20.9	7.5	347.0	29.9	706.0	220
Totals	3.7	31.4	20.0	20.9	7.5	347.0	29.9	706.0	220
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Apple	0.2	17.3	13.0	0.3	3.0	1.0	0.0	133.0	65
Totals	0.2	17.3	13.0	0.3	3.0	1.0	0.0	133.0	65
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Grilled Chicken Salad with Strawberries ICCK	4.6	39.2	24.5	26.5	7.6	287.0	60.0	388.0	291
Totals	4.6	39.2	24.5	26.5	7.6	287.0	60.0	388.0	291
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Strawberry Yogurt Parfait by ICCK	7.4	31.2	21.1	7.6	2.9	90.0	7.5	388.0	214
Totals	7.4	31.2	21.1	7.6	2.9	90.0	7.5	388.0	214
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Caesar Salad by ICCK	9.6	5.0	1.8	5.7	2.4	301.0	14.7	284.0	121
Baked Asparagus ICCK	9.0	5.5	2.5	5.8	2.8	128.0	5.4	276.0	122
Macadamia Nut Crusted Halibut ICCK	21.3	8.3	0.7	45.3	1.4	153.0	80.6	999.0	405
Totals	39.9	18.8	5.0	56.7	6.6	582.0	100.6	1559.0	648
Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Apple Crisp by ICCK	7.4	28.4	17.3	2.1	4.4	28.0	7.6	191.0	143
Totals	7.4	28.4	17.3	2.1	4.4	28.0	7.6	191.0	143

Daily Nutrition Totals	63.1	166.2	100.9	114.1	31.9	1335.0	205.7	3365.0	1581
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	