

Report for 20 Aug 2010

Calories Consumed	+1455
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-587

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Strawberry Banana Shake by ICCK	3.8	43.9	26.1	21.4	8.1	347.0	29.9	979.0	266
Totals	3.7	43.9	26.1	21.4	8.1	347.0	29.9	979.0	266

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
Seared Ahi Tuna Salad - ICCK	27.9	11.3	6.2	35.1	3.7	370.0	64.0	877.0	440
Totals	27.9	11.3	6.2	35.1	3.7	370.0	64.0	877.0	440

Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Banana	0.5	23.1	12.4	1.1	2.6	1.0	0.0	362.0	90
Totals	0.5	23.1	12.4	1.1	2.6	1.0	0.0	362.0	90

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Asparagus	0.2	3.7	1.2	2.2	1.8	12.0	0.0	201.0	19
Watermelon	0.2	11.6	9.6	0.9	0.6	1.0	0.0	172.0	46
Pork Loin with Quinoa Stuffing	16.1	15.7	2.3	50.7	2.0	459.0	122.2	65.0	404
Totals	16.5	31.0	13.0	53.8	4.4	472.0	122.2	438.0	469

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Peachy Creamy Phyllo Cups ICCK	7.1	13.9	4.2	2.2	0.8	82.0	30.2	94.0	125
Totals	7.1	13.9	4.1	2.2	0.8	82.0	30.2	94.0	125

Daily Nutrition Totals	56.0	140.4	74.7	114.0	22.6	1273.0	246.4	2883.0	1455
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	