

Report for 6 Jul 2010

Calories Consumed	+1228
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-814

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Chocolate Peanut Butter Shake - ICCK	11.4	25.4	16.0	24.4	6.0	422.0	29.9	636.0	280
Totals	11.4	25.4	16.0	24.4	6.0	422.0	29.9	636.0	280
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Strawberries	0.3	6.4	4.1	0.6	1.7	0.5	0.0	126.5	26
Cheese, cottage, lowfat, 2% milkfat (4 oz)	2.2	4.1	0.4	15.5	0.0	458.0	9.0	108.0	101
Totals	2.4	10.5	4.4	16.1	1.7	458.5	9.0	234.5	127
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Spinach Salad with Apples, Raspberries and Walnuts -ICCK	14.1	15.6	6.9	6.5	6.7	75.0	6.5	368.0	197
Totals	14.1	15.6	6.9	6.5	6.7	75.0	6.5	368.0	197
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Nectarine	0.5	16.0	14.0	1.0	2.0	0.0	0.0	0.0	70
Totals	0.5	16.0	14.0	1.0	2.0	0.0	0.0	0.0	70
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Meat Loaf - ICCK	5.4	14.6	2.8	34.5	1.5	518.0	86.9	176.0	248
Butter, salted (1 tbsp)	5.8	0.0	0.0	0.1	0.0	40.5	15.3	1.5	50
Brussels sprouts, cooked, boiled, drained, without salt (1 sprout)	1.1	14.9	3.7	5.4	5.5	40.0	0.0	660.0	70
Green Salad ICCK	0.5	14.8	5.5	1.8	2.1	221.0	0.2	454.0	66
Totals	12.7	44.3	11.9	41.7	9.0	819.5	102.4	1291.5	441

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Chocolate Mousse - icck	10.2	5.7	4.1	1.5	0.0	21.5	45.1	22.0	112
Totals	10.2	5.7	4.1	1.5	0.0	21.5	45.1	22.0	112
Daily Nutrition Totals	51.4	117.4	57.3	91.1	25.4	1796.5	192.9	2552.0	1228
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	