

Report for 7 Jul 2010

Calories Consumed	+1487
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-555

**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
Peanut butter, smooth style, with salt (2 tbsp)	16.1	6.3	3.0	8.0	1.9	146.0	0.0	207.0	188
Celery, raw (1 stalk, small (5" long))	0.1	2.0	1.2	0.5	1.1	52.0	0.0	176.0	8
Totals	16.2	8.3	4.2	8.5	3.0	198.0	0.0	383.0	196
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Sun Chips Original	6.0	18.0	2.0	2.0	2.0	120.0	0.0	60.0	140
Hamburger ICCK	3.8	31.5	4.5	22.9	6.5	621.0	43.5	222.0	242
Totals	9.8	49.5	6.5	24.9	8.5	741.0	43.5	282.0	382
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Mixed Greens with Pears, Strawberries and pecans	11.8	22.4	12.2	3.2	6.5	36.0	0.0	284.0	187
Broccoli with a Kick ICCK	6.9	3.5	0.8	1.4	1.2	15.0	0.0	149.0	76
BBQ Chicken ICCK	15.7	12.1	2.1	31.2	3.6	171.0	105.0	351.0	315
Totals	34.4	38.0	15.1	35.7	11.3	222.0	105.0	784.0	578
Evening 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

Daily Nutrition Totals	64.4	156.9	64.8	90.8	33.8	1509.0	178.4	2561.0	1487
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	