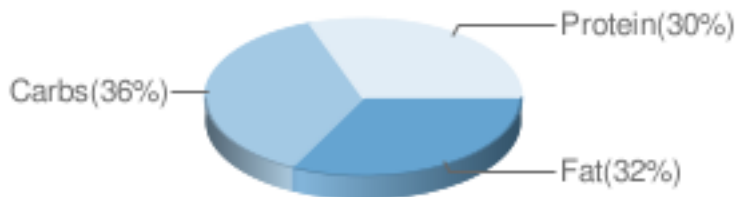


Report for 13 Jul 2010

Calories Consumed	+1523
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-519

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Raspberry Shake	2.9	32.9	21.5	21.4	6.0	277.0	34.9	526.0	245
Totals	2.9	32.9	21.5	21.4	6.0	277.0	34.9	526.0	245

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
BBQ Sauce - ICCK	0.0	1.5	0.8	0.2	0.4	62.0	0.0	74.0	8
BBQ Chicken ICCK	15.7	12.1	2.1	31.2	3.6	171.0	105.0	351.0	315
Cheese, blue (1 oz)	8.2	0.7	0.1	6.1	0.0	395.0	21.3	72.0	100
Green Salad ICCK	0.5	14.8	5.5	1.8	2.1	221.0	0.2	454.0	66
Totals	24.4	29.0	8.5	39.2	6.1	849.0	126.4	951.0	489

Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Raspberries	0.8	14.7	5.4	1.5	8.0	1.0	0.0	185.0	63
Totals	0.8	14.7	5.4	1.5	8.0	1.0	0.0	185.0	63

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Cucumber and Tomato Salad ICCK	0.5	15.9	7.5	2.7	2.5	9.0	0.0	690.0	63
Spagetti Squash ICCK	2.9	18.4	8.8	1.5	3.3	62.0	7.6	272.0	101
Grilled Leg of Lamb ICCK	18.0	1.9	0.2	48.5	0.1	223.0	150.0	19.0	388
Totals	21.4	36.1	16.5	52.7	5.9	294.0	157.6	981.0	552

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Granola ICCK	6.0	12.6	4.4	2.2	1.8	10.0	0.0	57.0	109
Totals	6.0	12.6	4.4	2.2	1.8	10.0	0.0	57.0	109

Daily Nutrition Totals	55.7	142.5	69.3	117.4	30.8	1432.0	319.0	2833.0	1523
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	