

Report for 27 Jul 2010

Calories Consumed	+1272
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-770

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Peaches and Cream Protein Shake	3.3	35.6	27.4	21.8	6.3	277.0	34.9	818.0	245
Totals	3.3	35.6	27.4	21.8	6.3	277.0	34.9	818.0	245
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Strawberries	0.5	12.8	8.1	1.1	3.3	1.0	0.0	253.0	53
Totals	0.5	12.7	8.1	1.1	3.3	1.0	0.0	253.0	53
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Grilled Lamb Gyros ICCK	12.6	24.3	4.3	35.4	9.8	452.0	78.9	288.0	326
Totals	12.6	24.3	4.3	35.4	9.8	452.0	78.9	288.0	326
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
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	0.1	2.0	1.2	0.5	1.1	52.0	0.0	176.0	8
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Roasted Lemon Thyme Chicken ICCK	20.0	7.7	0.3	25.1	0.3	0.0	0.0	23.0	302
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
Broccoli with a Kick ICCK	6.9	3.5	0.8	1.4	1.2	15.0	0.0	149.0	76
Totals	41.0	26.8	7.9	33.1	8.2	90.0	6.5	540.0	575
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	57.7	118.7	61.9	92.1	31.8	873.0	120.3	2208.0	1272
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	