

**Report for 28 Jul 2010**

Calories Consumed	+1640
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-402

**Exercise**

No exercise recorded for this day.

**Nutrition**

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Orange Creamsicle Protein Shake	3.6	53.7	19.7	23.0	11.8	280.0	34.9	983.0	319
Totals	3.6	53.7	19.7	23.0	11.8	280.0	34.9	983.0	319

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
Mixed Greens with Pears, Strawberries and pecans	11.8	22.4	12.2	3.2	6.5	36.0	0.0	284.0	187
Totals	11.8	22.4	12.2	3.2	6.4	36.0	0.0	284.0	187

Afternoon 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
Cottage Cheese	4.4	8.2	0.8	31.1	0.0	917.0	18.1	216.0	203
Totals	4.9	21.0	8.9	32.2	3.3	918.0	18.1	469.0	256

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Butternut Squash ICCK	8.0	22.1	4.1	2.2	0.1	13.0	20.6	597.0	152
Green Salad ICCK	0.5	14.8	5.5	1.8	2.1	221.0	0.2	454.0	66
BBQ Pork Ribs ICCK	36.2	11.7	6.6	37.9	3.0	1156.0	160.0	592.0	532
Totals	44.7	48.6	16.1	41.8	5.2	1390.0	180.7	1643.0	750

Evening 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

Daily Nutrition Totals	65.9	177.5	75.3	102.0	37.7	2626.0	233.7	3697.0	1640
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	