

Report for 26 Jul 2010

Calories Consumed	+1580
Calories Burned (Daily Activity)	-2042
Calories Burned (Exercise)	-0
Net Calories	-462

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Whole Wheat Bread	0.9	11.6	1.6	3.6	1.9	132.0	0.0	69.0	69
Cheese and Canadian Bacon Omelet - icck	34.9	9.5	8.2	40.0	0.2	1496.0	690.0	318.0	514
Totals	35.9	21.0	9.7	43.6	2.1	1628.0	690.0	387.0	583

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Peaches	0.8	29.4	25.8	2.8	4.6	0.0	0.0	584.0	120
Totals	0.8	29.4	25.8	2.8	4.6	0.0	0.0	584.0	120

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
IdealShape Blueberry Blast Protein Shake	3.4	29.4	14.5	20.9	4.0	277.0	34.9	526.0	220
Totals	3.4	29.4	14.5	20.9	4.0	277.0	34.9	526.0	220

Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Pineapple	0.2	18.3	12.9	0.9	0.0	1.0	0.0	193.0	69
Totals	0.2	18.3	12.8	0.9	0.0	1.0	0.0	193.0	69

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Cucumber and Tomato Salad ICCK	1.0	31.7	15.1	5.4	5.0	18.0	0.0	1380.0	126
Butter, salted (1 tbsp)	23.0	0.0	0.0	0.2	0.0	162.0	61.1	6.0	202
King Crab Leg	4.2	0.0	0.0	52.0	0.0	0.0	142.0	0.0	260
Totals	28.2	31.7	15.1	57.6	5.0	180.0	203.1	1386.0	588

Daily Nutrition Totals	68.5	129.8	78.0	125.8	15.7	2086.0	928.0	3076.0	1580
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	