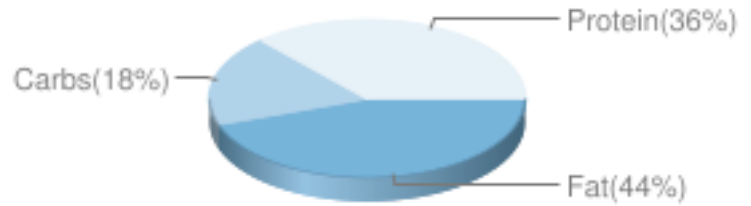


Report for 17 Jan 2011

Calories Consumed	+1133
Calories Burned (Daily Activity)	-2297
Calories Burned (Exercise)	-0
Net Calories	-1164

**Exercise**

No exercise recorded for this day.

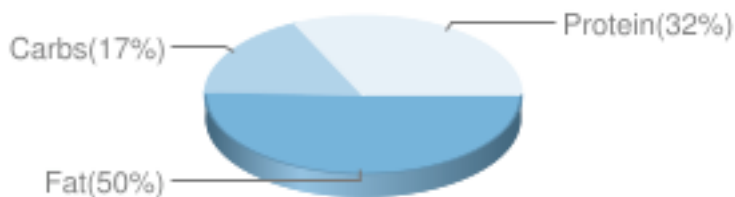
Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Peanut Butter, Organic, Creamy (0 servings of 2 Tbsp)	8.0	3.0	0.5	4.0	1.0	25.0	0.0	0.0	105
Flax Seed Oil (0 servings of 1 tbsp)	5.5	0.0	0.0	0.0	0.5	0.0	0.0	0.0	55
ISO 100 Chocolate (1 serving of 1 scoop)	0.0	1.0	0.0	24.0	0.0	50.0	0.0	0.0	106
Totals	13.5	4.0	0.5	28.0	1.5	75.0	0.0	0.0	266
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Paleo Veggie Pizza (1 serving of 1/8 Slice)	22.1	10.9	3.1	10.1	4.4	96.0	53.8	155.0	268
Shepherd's Pie (4HB) (1 serving of Family Size)	13.2	9.1	2.3	13.0	2.6	235.0	38.0	0.0	199
Totals	35.3	20.0	5.3	23.1	7.0	331.0	91.8	155.0	472
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Guacamole, Fresh (1 serving of 1oz)	3.5	9.3	0.0	2.1	0.0	195.0	0.0	0.0	90
Organic Large Brown Egg Whites (2 servings of 46 g)	0.0	0.0	0.0	10.0	0.0	0.0	0.0	0.0	50
Totals	3.5	9.3	0.0	12.1	0.0	195.0	0.0	0.0	140
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Asparagus (1 serving of 93 g)	0.0	4.0	2.0	2.0	2.0	0.0	0.0	0.0	25
Tomato and Basil Pasta Sauce (0 servings of 1/2 cup (123g))	1.0	5.5	3.5	1.0	1.0	360.0	0.0	0.0	35
Baby Carrots (1 serving of 14)	0.0	9.0	6.0	1.0	2.0	0.0	0.0	310.0	35

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Boneless Skinless Chicken Breast (1 serving of 1 breast)	2.0	0.0	0.0	35.0	0.0	85.0	125.0	0.0	160
Totals	3.0	18.5	11.5	39.0	5.0	445.0	125.0	310.0	255
Daily Nutrition Totals	55.3	51.8	17.3	102.2	13.5	1046.0	216.8	465.0	1133
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 18 Jan 2011

Calories Consumed	+1396
Calories Burned (Daily Activity)	-2284
Calories Burned (Exercise)	-0
Net Calories	-887

**Exercise**

No exercise recorded for this day.

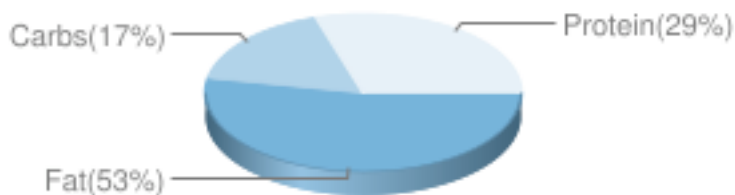
Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Maple Glazed Honey Coat Turkey Breast (1 serving of 2 oz (56 g))	0.5	2.0	2.0	14.0	0.0	440.0	30.0	180.0	70
Organic Egg (2 servings of 1)	9.0	2.0	0.0	12.0	0.0	0.0	430.0	0.0	140
Totals	9.5	4.0	2.0	26.0	0.0	440.0	460.0	180.0	210
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Almonds (0 servings of 1 oz)	9.5	3.7	0.9	4.1	2.0	4.6	0.0	128.0	108
Totals	9.5	3.7	0.9	4.1	1.9	4.6	0.0	128.0	108
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Olive Oil (1 serving of 1 tsp)	4.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39
Iceberg Lettuce (1 serving of 1 cup)	0.1	2.1	1.4	0.7	0.9	7.0	0.0	101.0	10
Mixed Vegetables Sauteed (1 serving of 1 Cup)	7.4	16.5	3.1	2.6	3.7	16.0	0.0	424.0	120
Ginger Teriyaki Chicken Breast (1 serving of 4 oz)	1.5	4.0	4.0	23.0	0.0	240.0	55.0	0.0	120
Totals	13.5	22.7	8.5	26.2	4.5	263.0	55.0	525.0	289
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Guacamole, Fresh (1 serving of 1oz)	2.3	6.2	0.0	1.4	0.0	130.0	0.0	0.0	60
Organic Large Brown Egg Whites (1 serving of 46 g)	0.0	0.0	0.0	7.5	0.0	0.0	0.0	0.0	37

Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Paleo Veggie Pizza (1 serving of 1/8 Slice)	29.4	14.5	4.1	13.5	5.8	127.7	71.5	206.2	356
Totals	31.7	20.7	4.1	22.4	5.8	257.7	71.5	206.2	460
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Caribbean Seafood Stew (Mahi and Scallops) (1 serving of 1 bowl)	15.6	10.2	1.7	35.0	1.1	323.0	102.2	214.0	329
Totals	15.6	10.2	1.7	35.0	1.1	323.0	102.2	214.0	329
Daily Nutrition Totals	79.8	61.3	17.2	113.7	13.4	1288.3	688.7	1253.2	1396
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 19 Jan 2011

Calories Consumed	+1411
Calories Burned (Daily Activity)	-2278
Calories Burned (Exercise)	-0
Net Calories	-867

**Exercise**

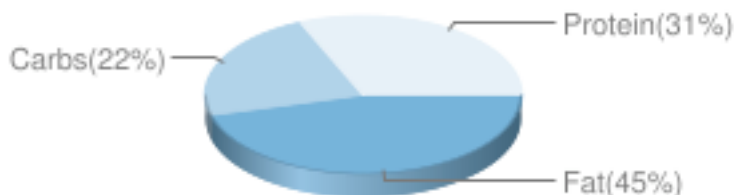
No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Maple Glazed Honey Coat Turkey Breast (0 servings of 2 oz (56 g))	0.4	1.5	1.5	10.5	0.0	330.0	22.5	135.0	52
Paleo Pancakes with Almond Butter (1 serving of 4 small pancake...)	42.0	22.7	11.5	18.0	7.2	132.0	215.0	1.0	505
Totals	42.4	24.2	13.0	28.5	7.2	462.0	237.5	136.0	557
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Caribbean Seafood Stew (Mahi and Scallops) (1 serving of 1 bowl)	23.4	15.3	2.5	52.5	1.6	484.5	153.3	321.0	493
Totals	23.4	15.3	2.5	52.5	1.6	484.5	153.3	321.0	493
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Thai Cashew Chicken (1 serving of 5.5 oz)	19.5	22.5	12.0	27.0	3.0	960.0	60.0	0.0	360
Totals	19.5	22.5	12.0	27.0	3.0	960.0	60.0	0.0	360
Daily Nutrition Totals	85.3	62.0	27.5	108.0	11.7	1906.5	450.8	457.0	1411
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 20 Jan 2011

Calories Consumed	+1706
Calories Burned (Daily Activity)	-2266
Calories Burned (Exercise)	-0
Net Calories	-559

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Maple Glazed Honey Coat Turkey Breast (0 servings of 2 oz (56 g))	0.4	1.8	1.8	12.3	0.0	385.0	26.3	157.5	61
Unsweetened Applesauce, Organic (0 servings of 1/2cup (122g))	0.0	7.5	5.5	0.0	1.0	2.5	0.0	0.0	25
Paleo Pancakes with Almond Butter (1 serving of 4 small pancake...)	42.0	22.7	11.5	18.0	7.2	132.0	215.0	1.0	505
Totals	42.4	32.0	18.8	30.3	8.2	519.5	241.3	158.5	591

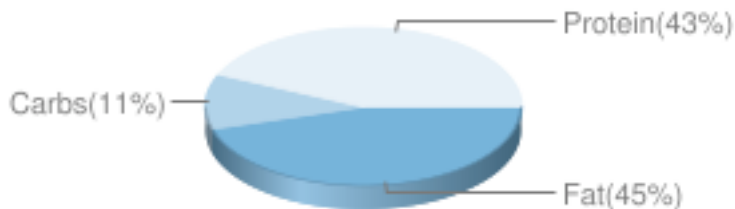
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Shoppe House Salad no dressing (1 serving of 1 Salad)	9.0	3.0	1.0	10.0	1.0	310.0	25.0	0.0	140
Chicken, Sausage and Shrimp Gumbo (1 serving of 1 cup)	7.0	11.0	0.0	19.0	2.0	633.0	87.0	0.0	187
sauteed vegetables 2 (1 serving of homemade)	2.9	13.7	5.0	4.1	3.8	23.0	0.0	756.0	82
PROTEIN - grilled chicken TERIYAKI SFC (1 serving of 1 chicken breas...)	1.0	1.0	0.0	28.0	0.0	0.0	0.0	0.0	140
Totals	19.9	28.7	6.0	61.1	6.8	966.0	112.0	756.0	549

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
sauteed vegetables 2 (2 servings of homemade)	5.8	27.3	9.9	8.2	7.5	46.0	0.0	1512.0	164
Mahi Mahi (1 serving of 4 oz)	1.5	1.5	0.0	31.5	0.0	165.0	120.0	0.0	150
Totals	7.3	28.8	9.9	39.7	7.5	211.0	120.0	1512.0	314

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Paleo Pancakes with Almond Butter (0 servings of 4 small pancake...)	21.0	11.4	5.8	9.0	3.6	66.0	107.5	0.5	252
Totals	21.0	11.4	5.8	9.0	3.6	66.0	107.5	0.5	252
Daily Nutrition Totals	90.7	100.8	40.4	140.1	26.0	1762.5	580.8	2427.0	1706
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 21 Jan 2011

Calories Consumed	+1613
Calories Burned (Daily Activity)	-2264
Calories Burned (Exercise)	-0
Net Calories	-651

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Organic Egg (2 servings of 1)	9.0	2.0	0.0	12.0	0.0	0.0	430.0	0.0	140
Paleo Pancakes with Almond Butter (0 servings of 4 small pancake...)	21.0	11.4	5.8	9.0	3.6	66.0	107.5	0.5	252
Totals	30.0	13.4	5.8	21.0	3.6	66.0	537.5	0.5	392

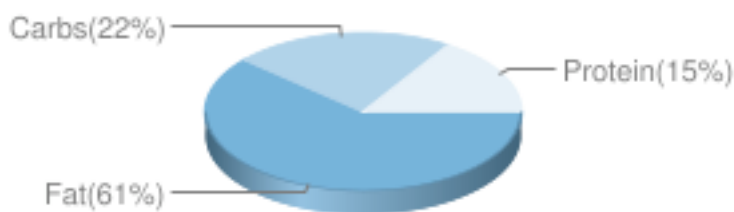
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Almonds (0 servings of 1 oz)	7.2	2.8	0.7	3.1	1.5	3.5	0.0	97.0	82
Shepherd's Pie (4HB) (2 servings of Family Size)	26.4	18.3	4.5	26.0	5.3	470.0	76.0	0.0	398
Totals	33.6	21.1	5.2	29.1	6.7	473.5	76.0	97.0	480

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
andouille sausage (0 servings of 1 link 113 gms)	2.3	0.7	0.3	6.6	0.0	419.1	23.1	0.0	52
Green Bean Bacon Saute (2 servings of 2.5 oz)	10.0	9.6	0.0	10.8	3.4	634.0	26.0	0.0	166
Shrimp boiled in water (6 servings of 1 oz)	1.8	0.0	0.0	35.4	0.0	0.0	0.0	0.0	168
Crustaceans, crab, dungeness, cooked, moist heat (1 crab) (1 serving of 1 crab (127g))	1.6	1.2	0.0	28.4	0.0	480.0	96.5	518.0	139
Snow Crab Legs, cluster (1 serving of 1 cluster)	3.0	0.0	0.0	45.0	0.0	1298.0	134.0	0.0	215
Totals	18.7	11.5	0.3	126.1	3.4	2831.1	279.6	518.0	740

Daily Nutrition Totals	82.3	45.9	11.3	176.3	13.7	3370.6	893.1	615.5	1613
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 22 Jan 2011

Calories Consumed	+1338
Calories Burned (Daily Activity)	-2263
Calories Burned (Exercise)	-0
Net Calories	-925

**Exercise**

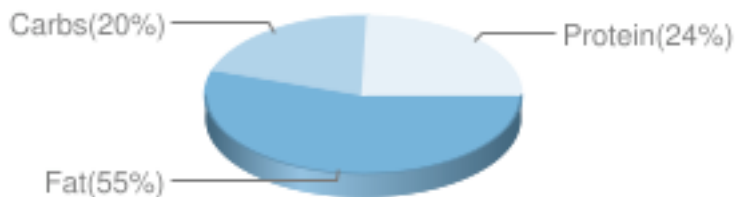
No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey, Boar's Head Low Sodium (1 serving of 2 oz)	0.5	0.0	0.0	12.0	0.0	340.0	20.0	150.0	60
Paleo Pancakes with Cashew Butter (1 serving of 4 small pancake...)	38.0	28.8	9.6	16.0	5.2	2.0	215.0	2.0	507
Totals	38.5	28.8	9.6	28.0	5.2	342.0	235.0	152.0	567
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Kale Chips (Lacinato) (2 servings of 12-14 chips)	21.0	14.0	0.0	4.0	2.0	460.0	0.0	600.0	250
Totals	21.0	14.0	0.0	4.0	2.0	460.0	0.0	600.0	250
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Rawfood Coconut Ice Cream (1 serving of 1 small bowl (3...))	23.4	13.1	5.8	6.5	5.0	44.0	0.0	93.0	265
Thai-style Stir-fry Vegetables (1 serving of 125g)	1.0	4.5	2.9	2.8	0.0	24.0	0.0	0.0	43
D's Homemade Light Thai Red Curry with Chicken (1 serving of 1.5 cups)	9.9	17.3	8.3	13.5	2.0	677.0	30.0	278.0	213
Totals	34.3	34.9	17.0	22.8	7.1	745.0	30.0	371.0	521
Daily Nutrition Totals	93.8	77.7	26.6	54.8	14.2	1547.0	265.0	1123.0	1338
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 23 Jan 2011

Calories Consumed	+1683
Calories Burned (Daily Activity)	-2259
Calories Burned (Exercise)	-0
Net Calories	-576

**Exercise**

No exercise recorded for this day.

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey, Boar's Head Low Sodium (1 serving of 2 oz)	0.5	0.0	0.0	12.0	0.0	340.0	20.0	150.0	60
Paleo Pancakes with Cashew Butter (1 serving of 4 small pancake...)	38.0	28.8	9.6	16.0	5.2	2.0	215.0	2.0	507
Totals	38.5	28.8	9.6	28.0	5.2	342.0	235.0	152.0	567
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Freebirds Paleo Salad with steak (1 serving of 1 salad)	14.3	22.7	1.5	32.3	6.0	812.0	0.0	186.0	340
Totals	14.3	22.7	1.5	32.3	6.0	812.0	0.0	186.0	340
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Sea Salt Dark Chocolate (0 servings of 1/2 bar)	8.5	10.5	7.5	1.0	1.0	62.5	0.0	0.0	110
Totals	8.5	10.5	7.5	1.0	1.0	62.5	0.0	0.0	110
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Egg White Protein Vanilla (1 serving of 1 Scoop, 33 gra...)	0.0	4.0	0.0	24.0	0.0	380.0	0.0	350.0	120
Paleo Veggie Pizza (2 servings of 1/8 Slice)	44.2	21.8	6.1	20.3	8.8	192.0	107.5	310.0	546
Totals	44.2	25.8	6.1	44.3	8.8	572.0	107.5	660.0	666
Daily Nutrition Totals	105.5	87.8	24.7	105.5	21.0	1788.5	342.5	998.0	1683
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	