

Date:	January 10th, 2010											
Meals												
Meal	Item Brand	Item Name	Calories	Sugars	Carbs	Fats	Protein	Cholesterol	Sodium	Dietary Fiber	Your Servings	Your Total
Unclassified	Nestle Coffee-mate	Coffee-mate Sugar Free Hazelnut Creamer	15	0 g	1g	1g	0 g	0mg	5mg	0g	4	60
Unclassified	Kroger	Fat Free Caramel Apple Dip	100	19g	25g	0g	1g	0mg	105mg	0g	4	400
Unclassified	Folgers	Coffee	0	0g	0g	0g	0g	0mg	0mg	0g	4	0
		Banana, medium	105	14g	27g	0g	1g	0mg	1mg	3g	1	105
		Fuji Apple	80	17g	22g	0g	.5g			5g	1	80
	Planters	Dry Roasted Almonds	160	2g	6g	14g	6g	0mg	150mg	3g	1	160
		Delmonte Lite Sliced Peaches	60	14g	15g	0g	0g	0mg	10mg	1g	1	60
	Kroger	Fat Free Cottage Cheese	80	3g	5g	0g	15g	10mg	390mg	0g	1	80
	Progresso Vegetable	Vegetable Soup	80	4g	15g	1g	5g	0mg	660mg	3g	1	80
Unclassified	Zone Perfect	Chocolate Mint Bar	210	13g	24g	7g	14g	5mg	180mg	3g	0.5	105
1pm		Green Beans	40	1.6g	8.1g	0.1g	2.1g	0mg	7mg	4g	1	40
1pm		Chicken Breast	130	0.1g	0g	1g	27g	68mg	77mg		1	130
Fitness												
Exercise Done	Minutes	Calories Burned	Heart Rate	Distance								
Walk: 3 mph	35	275	110	0.00 miles								
Totals:												
			Calories	Sugars	Carbohydrate	Fat	Protein	Cholesterol	Sodium	Dietary Fiber		
			1300	138.2	214.1	23.6	67.6	80.5	1,825.00	20.5		
			Calories A	2,440.35								
			Calories C	1,300.00								
			Calories B	275								
			Net Calories	1025								