

3/18/08

TIME	AMOUNT	FOOD	CAL	PRO	CARBS	FAT Total / Sat
7:00	1 scoop	whey protein	90	18	2	1 1/2
7:45	4	egg whites	60	15	0	0
	1	yolk	70	2 1/2	0	5
	3/4 cup	oatmeal	225	7	40	4 1/2
	1 scoop	whey protein	90	18	1	1 1/2
10:30	6 oz	chicken breast	220	44	2	3
	1	apple	100	1	23	0
	1	bell pepper (Large)	40	0	10	0
1:30	4 oz	fish (trelapia)	110	20	2	2
	6 oz	carb light yogurt	80	12	4	2
	4 oz	yams	150	3	33	0
4:30	2 scoop	wheeight gainier (workout)	290	26	40	10
6:15	1 1/2 c.	berries	100	1	25	0
	2 scoop	whey	180	36	2	3
	1/2	bananna	60	0	15	0
8:15	6 oz	chicken breast	220	44	2	3
	1 1/2 c.	mixed vegetables	130	2	32	0
	3/4 cup	brown rice	150	4	35	0
9:30	2 scoop	casine protein powder	180	36	2	3
TOTALS			2545	289	270	38