



**Basic Intake Analysis Report for Lisa Krog**  
**8/8/2007**

**All Foods**

**Nutrients:**

Calories	Protein	Carbs	Fat*	Sat Fat*	Chol*	Sodium	Fiber*
<b>2248.21</b>	<b>283.41</b>	<b>169.98</b>	<b>47.30</b>	7.61	560.60	1574.14	20.02

PCF Ratio\*:51-30-19 Desired PCF Ratio: 40-40-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Breakfast**

WHOLE WHEAT BREAD, TOASTED, CP  
 commercially prep  
 2 slices

GLUTAMINE PEPTIDES  
 1 tsp

EGG, LARGE  
 whole, fresh  
 2 large

EGG WHITE  
 fresh  
 3 large

MUSHROOM, RAW  
 150 grams

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
<b>395.10</b>	<b>36.81</b>	<b>35.22</b>	<b>12.93</b>	3.70	425.00	632.34	5.50

PCF Ratio: 36-35-29 Desired PCF Ratio: 40-40-20

### Morning Snack

LEAN PLUS

39 grams

GLUTAMINE PEPTIDES

1 tsp

AMINO PLUS

1 tsp

ULTIMATE OIL BLEND

1 tsp

#### Nutrients:

Calories	Protein	Carbs	Fat*	Sat Fat*	Chol*	Sodium	Fiber*
256.60	41.64	3.28	8.50	0.62	0.00	184.67	0.00

PCF Ratio\*:65-5-30 Desired PCF Ratio: 40-40-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Lunch

CHICKEN BREAST, ROASTED

120 grams

ZUCCHINI W/SKIN, BOILED, NO SALT

summer, drained

80 grams

BASMATI RICE (Cooked)

130 grams

GLUTAMINE PEPTIDES

1 tsp

#### Nutrients:

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
414.09	47.12	44.90	5.09	1.22	102.00	147.60	6.10

PCF Ratio: 46-43-11 Desired PCF Ratio: 40-40-20

### Afternoon Snack

GLUTAMINE PEPTIDES

1 tsp

AMINO PLUS

1 tsp

LEAN PLUS

39 grams

ULTIMATE OIL BLEND

1 tsp

PREPPED

1 Scoop

#### Nutrients:

Calories	Protein	Carbs	Fat*	Sat Fat*	Chol*	Sodium	Fiber*
365.60	51.84	24.28	8.50	0.62	0.00	244.67	0.00

PCF Ratio\*:54-25-20 Desired PCF Ratio: 40-40-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

### Dinner

LEAN PLUS

39 grams

AMINO PLUS

1 tsp

GLUTAMINE PEPTIDES

1 tsp

ULTIMATE OIL BLEND

1 tsp

#### Nutrients:

Calories	Protein	Carbs	Fat*	Sat Fat*	Chol*	Sodium	Fiber*
256.60	41.64	3.28	8.50	0.62	0.00	184.67	0.00

PCF Ratio\*:65-5-30 Desired PCF Ratio: 40-40-20

Nutrients marked with an asterisk (\*) indicate data totals with some values not available. This may result in an under reporting of values.

**Evening Snack**

GLUTAMINE PEPTIDES

1 tsp

TUNA, CANNED IN WATER, NO SALT ADDED

drained solids

112 grams

SWEET POTATO, RAW WEIGHT

160 grams

ZUCCHINI W/SKIN, BOILED, NO SALT

summer, drained

80 grams

OATMUSCLE

1/2 Scoop

LEAN

1.5 Scoops

**Nutrients:**

Calories	Protein	Carbs	Fat	Sat Fat	Chol	Sodium	Fiber
560.22	64.34	59.01	3.78	0.84	33.60	180.20	8.42

PCF Ratio: 49-45-6    Desired PCF Ratio: 40-40-20