



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

All Foods

Nutrients:

Calories	Protein	Carbs	Fat*	Sat Fat*	Chol*	Sodium	Fiber*
2248.21	283.41	169.98	47.30	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
395.10	36.81	35.22	12.93	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