

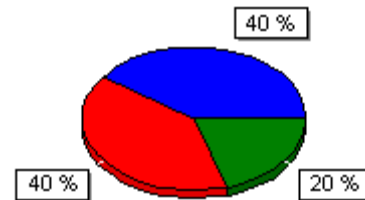
# Detailed Intake Report for Glen Krog

Date: July 2, 2007

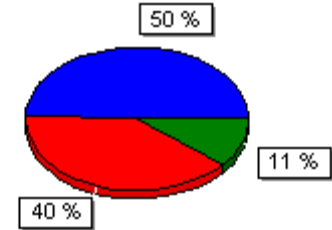
## Client Information

<b>Start Date:</b> 11/07/2003	<b>Starting Weight:</b> 108.0 kg.
<b>Goal Date:</b> 02/21/2004	<b>Desired Weight:</b> 92.0 kg.
<b>Gender:</b> Male	<b>Desired Loss:</b> 16.0 kg.
<b>Age:</b> 39	<b>Starting Body Fat:</b> 12.0%
<b>Build:</b> Medium	<b>Desired Body Fat:</b> 4.9%
<b>Height:</b> 179.0 cm.	<b>Starting BMI:</b> 33.7
<b>Activity Level:</b> Very Active	<b>Desired BMI:</b> 28.7

Desired PCF Ratio



Actual PCF Ratio



■ Protein ■ Carbs ■ Fat

■ Protein ■ Carbs ■ Fat

**Actual Calories** 3258      **Actual PCF Ratio:** 50-40-11  
**Daily Calorie Goal:** 2448      **Desired PCF Ratio:** 40-40-20

All Foods	Serving Size	Gram Wt.	Calories (kcal)	Food Energy (kj)	Protein (g)	Carbs (g)	Starch (g)	Sugars (g)	Glucose (g)
WHOLE WHEAT BREAD, TOASTED, CP	2 slices	50	139	580	5	26	0	2	0
EGG, LARGE	2 large	100	149	623	13	1	0	1	0
EGG WHITE	5 large	167	84	349	18	2	0	2	0
MUSHROOM, RAW	1 cup	70	18	74	2	3	0	1	0
COFFEE, BREWED, PREPARED	1 cup	237	5	19	0	1	0	0	0
LEAN	4 Scoops	80	388	1,623	68	3	0	2	0
GLUTAMINE PEPTIDES	6 tsp	30	120	502	24	6	0	0	0
OATMUSCLE	2 Scoops	80	336	1,406	12	60	0	4	0
AMINO PLUS	2 tsp	10	40	167	9	1	0	0	0
CHICKEN BREAST, ROASTED	150 grams	150	248	1,035	47	0	0	0	0
SWEET POTATO, RAW	200 grams	200	210	878	3	49	0	11	0
SWEET POTATO, RAW-2	200 grams	200	210	878	3	49	0	11	0
CHICKEN BREAST, ROASTED-2	150 grams	150	248	1,035	47	0	0	0	0
GLUTAMINE PEPTIDES-2	3 tsp	15	60	251	12	3	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Serving Size	Gram Wt.	Calories (kcal)	Food Energy (kj)	Protein (g)	Carbs (g)	Starch (g)	Sugars (g)	Glucose (g)
AMINO PLUS-2	1 tsp	5	20	84	5	0	0	0	0
AMINO PLUS-3	1 tsp	5	20	84	5	0	0	0	0
SALVAGE	75 grams	75	288	1,205	47	26	0	1	0
LEAN-2	2 Scoops	40	194	812	34	1	0	1	0
GLUTAMINE PEPTIDES-3	3 tsp	15	60	251	12	3	0	0	0
COFFEE, BREWED, PREPARED-2	8 cups	1,896	38	152	2	8	0	0	0
OATMUSCLE-2	1 Scoop	40	168	703	6	30	0	2	0
PREPPED	2 Scoops	60	218	912	20	42	0	1	0
<b>Meal Total:</b>		<b>3,675</b>	<b>3,258</b>	<b>13,621</b>	<b>393</b>	<b>312</b>	<b>0</b>	<b>40</b>	<b>0</b>

<b>Daily Total:</b>	<b>3,675</b>	<b>3,258</b>	<b>13,621</b>	<b>393</b>	<b>312</b>	<b>0</b>	<b>40</b>	<b>0</b>
<b>Daily Goal:</b>		<b>2,448</b>	<b>10,242</b>	<b>245</b>	<b>245</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% of Daily Goal:</b>		<b>133 %</b>	<b>133 %</b>	<b>161 %</b>	<b>128 %</b>			

All Foods	Fructose (g)	Galactose (g)	Sucrose (g)	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Trans Fat (g)
WHOLE WHEAT BREAD, TOASTED, CP	0	0	0	0	0	4	2	1	0
EGG, LARGE	0	0	0	0	0	0	10	3	0
EGG WHITE	0	0	0	0	0	0	0	0	0
MUSHROOM, RAW	0	0	0	0	0	1	0	0	0
COFFEE, BREWED, PREPARED	0	0	0	0	0	0	0	0	0
LEAN	0	0	0	0	0	0	2	1	0
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	10	6	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	0	0	0	0	0	0	5	2	0
SWEET POTATO, RAW	0	0	0	0	0	6	1	0	0
SWEET POTATO, RAW-2	0	0	0	0	0	6	1	0	0
CHICKEN BREAST, ROASTED-2	0	0	0	0	0	0	5	2	0
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Fructose (g)	Galactose (g)	Sucrose (g)	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Trans Fat (g)
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	0	0	0	0	0	0	0	0	0
LEAN-2	0	0	0	0	0	0	1	1	0
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	0	0	0	0	0	0	0	0	0
OATMUSCLE-2	0	0	0	0	0	5	3	0	0
PREPPED	0	0	0	0	0	0	0	0	0
<b>Meal Total:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>37</b>	<b>9</b>	<b>0</b>
<b>Daily Total:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>32</b>	<b>37</b>	<b>9</b>	<b>0</b>
<b>Daily Goal:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>54</b>	<b>18</b>	<b>0</b>
<b>% of Daily Goal:</b>						132 %	68 %	49 %	

All Foods	Trans-Mono- enoic Fat (g)	Monounsat Fat (g)	Polyunsat Fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)	Ash (g)	Water (g)
WHOLE WHEAT BREAD, TOASTED, CP	0	1	1	0	1	0	0	1	15
EGG, LARGE	0	4	1	0	1	425	0	1	75
EGG WHITE	0	0	0	0	0	0	0	1	147
MUSHROOM, RAW	0	0	0	0	0	0	0	1	64
COFFEE, BREWED, PREPARED	0	0	0	0	0	0	0	0	235
LEAN	0	0	0	0	0	0	0	0	0
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	0	2	1	0	1	128	0	2	98
SWEET POTATO, RAW	0	0	0	0	0	0	0	2	146
SWEET POTATO, RAW-2	0	0	0	0	0	0	0	2	146
CHICKEN BREAST, ROASTED-2	0	2	1	0	1	128	0	2	98
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Trans-Mono- enoic Fat (g)	Monounsat Fat (g)	Polyunsat Fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)	Ash (g)	Water (g)
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	0	0	0	0	0	0	0	0	0
LEAN-2	0	0	0	0	0	0	0	0	0
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	0	0	0	0	0	0	0	2	1,883
OATMUSCLE-2	0	0	0	0	0	0	0	0	0
PREPPED	0	0	0	0	0	0	0	0	0
<b>Meal Total:</b>	<b>0</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>4</b>	<b>680</b>	<b>0</b>	<b>13</b>	<b>2,906</b>
<b>Daily Total:</b>	<b>0</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>4</b>	<b>680</b>	<b>0</b>	<b>13</b>	<b>2,906</b>
<b>Daily Goal:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>239</b>	<b>0</b>	<b>0</b>	<b>4,762</b>
<b>% of Daily Goal:</b>						284 %			61 %

All Foods	Caffeine (mg)	Theobro- mine (mg)	Phytosterols (mg)	Stigmasterol (mg)	Campesterol (mg)	Beta-sito- sterol (mg)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)
WHOLE WHEAT BREAD, TOASTED, CP	0	0	0	0	0	0	0	0	0
EGG, LARGE	0	0	0	0	0	0	635	0	1
EGG WHITE	0	0	0	0	0	0	0	0	1
MUSHROOM, RAW	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED	137	0	0	0	0	0	0	0	0
LEAN	0	0	0	0	0	0	2,000	2	2
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	0	0	0	0	0	0	32	0	0
SWEET POTATO, RAW	0	0	24	0	0	0	40,126	0	0
SWEET POTATO, RAW-2	0	0	24	0	0	0	40,126	0	0
CHICKEN BREAST, ROASTED-2	0	0	0	0	0	0	32	0	0
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Caffeine (mg)	Theobromine (mg)	Phytosterols (mg)	Stigmasterol (mg)	Campesterol (mg)	Beta-sitosterol (mg)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)
SALVAGE	0	0	0	0	0	0	1,500	1	1
LEAN-2	0	0	0	0	0	0	1,000	1	1
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	1,100	0	0	0	0	0	0	0	0
OATMUSCLE-2	0	0	0	0	0	0	0	0	0
PREPPED	0	0	0	0	0	0	2,000	2	2
<b>Meal Total:</b>	<b>1,237</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>87,450</b>	<b>6</b>	<b>8</b>
<b>Daily Total:</b>	<b>1,237</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>87,450</b>	<b>6</b>	<b>8</b>
<b>Daily Goal:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5,000</b>	<b>2</b>	<b>2</b>
<b>% of Daily Goal:</b>							1749 %	376 %	478 %

All Foods	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)
WHOLE WHEAT BREAD, TOASTED, CP	2	0	0	20	20	0	20	0	0
EGG, LARGE	0	1	0	47	47	0	47	1	0
EGG WHITE	0	0	0	5	5	0	5	0	0
MUSHROOM, RAW	3	1	0	8	8	0	8	0	0
COFFEE, BREWED, PREPARED	1	0	0	0	0	0	0	0	0
LEAN	20	10	2	400	0	0	0	6	300
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	21	1	1	6	6	0	6	1	0
SWEET POTATO, RAW	1	1	1	28	28	0	28	0	0
SWEET POTATO, RAW-2	1	1	1	28	28	0	28	0	0
CHICKEN BREAST, ROASTED-2	21	1	1	6	6	0	6	1	0
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	15	8	2	300	0	0	0	5	225

## Detailed Intake Report for Glen Krog (continued)

All Foods	Niacin (mg)	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)
LEAN-2	10	5	1	200	0	0	0	3	150
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	4	0	0	0	0	0	0	0	0
OATMUSCLE-2	0	0	0	0	0	0	0	0	0
PREPPED	20	10	2	400	0	0	0	6	300
<b>Meal Total:</b>	<b>119</b>	<b>40</b>	<b>10</b>	<b>1,448</b>	<b>148</b>	<b>0</b>	<b>148</b>	<b>22</b>	<b>975</b>
<b>Daily Total:</b>	<b>119</b>	<b>40</b>	<b>10</b>	<b>1,448</b>	<b>148</b>	<b>0</b>	<b>148</b>	<b>22</b>	<b>975</b>
<b>Daily Goal:</b>	<b>19</b>	<b>0</b>	<b>2</b>	<b>200</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>
<b>% of Daily Goal:</b>	624 %		482 %	724 %				1094 %	

All Foods	Vit-C (mg)	Vit-D (IU)	Alpha Tocopherol (mg)	Beta Tocopherol (mg)	Gamma Tocopherol (mg)	Delta Tocopherol (mg)	Vit-E IU (IU)	Vit-K (mcg)	Calcium (mg)
WHOLE WHEAT BREAD, TOASTED, CP	0	0	0	0	0	0	1	0	41
EGG, LARGE	0	52	0	0	0	0	2	0	49
EGG WHITE	0	0	0	0	0	0	0	0	10
MUSHROOM, RAW	2	53	0	0	0	0	0	0	4
COFFEE, BREWED, PREPARED	0	0	0	0	0	0	0	0	5
LEAN	60	0	0	0	0	0	60	0	0
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	0	0	0	0	0	0	1	0	23
SWEET POTATO, RAW	45	0	0	0	0	0	1	0	44
SWEET POTATO, RAW-2	45	0	0	0	0	0	1	0	44
CHICKEN BREAST, ROASTED-2	0	0	0	0	0	0	1	0	23
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	45	0	0	0	0	0	45	0	0
LEAN-2	30	0	0	0	0	0	30	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Vit-C (mg)	Vit-D (IU)	Alpha Toco- pherol (mg)	Beta Toco- pherol (mg)	Gamma Toco- pherol (mg)	Delta Toco- pherol (mg)	Vit-E IU (IU)	Vit-K (mcg)	Calcium (mg)
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	0	0	0	0	0	0	0	0	38
OATMUSCLE-2	0	0	0	0	0	0	0	0	0
PREPPED	0	0	0	0	0	0	60	0	0
<b>Meal Total:</b>	<b>227</b>	<b>105</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>0</b>	<b>279</b>
<b>Daily Total:</b>	<b>227</b>	<b>105</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>0</b>	<b>279</b>
<b>Daily Goal:</b>	<b>60</b>	<b>200</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>80</b>	<b>800</b>
<b>% of Daily Goal:</b>	<b>379 %</b>	<b>53 %</b>					<b>1345 %</b>	<b>0 %</b>	<b>35 %</b>

All Foods	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)
WHOLE WHEAT BREAD, TOASTED, CP	49	129	142	296	0	0	0	0	0
EGG, LARGE	10	178	121	126	0	0	0	0	0
EGG WHITE	18	22	239	274	0	0	0	0	0
MUSHROOM, RAW	7	73	259	3	0	0	0	0	0
COFFEE, BREWED, PREPARED	12	2	128	5	0	0	0	0	0
LEAN	0	0	0	160	0	192	2	0	150
GLUTAMINE PEPTIDES	0	0	0	240	0	0	0	0	0
OATMUSCLE	0	0	0	4	0	0	0	0	0
AMINO PLUS	0	0	0	133	0	0	0	0	0
CHICKEN BREAST, ROASTED	44	342	384	111	0	0	0	0	0
SWEET POTATO, RAW	20	56	408	26	0	0	0	0	0
SWEET POTATO, RAW-2	20	56	408	26	0	0	0	0	0
CHICKEN BREAST, ROASTED-2	44	342	384	111	0	0	0	0	0
GLUTAMINE PEPTIDES-2	0	0	0	120	0	0	0	0	0
AMINO PLUS-2	0	0	0	67	0	0	0	0	0
AMINO PLUS-3	0	0	0	67	0	0	0	0	0
SALVAGE	0	0	0	300	0	144	2	0	113
LEAN-2	0	0	0	80	0	96	1	0	75
GLUTAMINE PEPTIDES-3	0	0	0	120	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)
COFFEE, BREWED, PREPARED-2	95	19	1,024	38	0	0	0	0	0
OATMUSCLE-2	0	0	0	2	0	0	0	0	0
PREPPED	0	0	0	120	0	192	2	0	150
<b>Meal Total:</b>	<b>318</b>	<b>1,219</b>	<b>3,496</b>	<b>2,428</b>	<b>0</b>	<b>624</b>	<b>8</b>	<b>0</b>	<b>488</b>
<b>Daily Total:</b>	<b>318</b>	<b>1,219</b>	<b>3,496</b>	<b>2,428</b>	<b>0</b>	<b>624</b>	<b>8</b>	<b>0</b>	<b>488</b>
<b>Daily Goal:</b>	<b>350</b>	<b>800</b>	<b>0</b>	<b>2,391</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>150</b>
<b>% of Daily Goal:</b>	<b>91 %</b>	<b>152 %</b>		<b>102 %</b>					<b>325 %</b>

All Foods	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)	Histidine (g)	Isoleucine (g)	Leucine (g)	Lysine (g)
WHOLE WHEAT BREAD, TOASTED, CP	2	1	0	21	1	0	0	0	0
EGG, LARGE	1	0	0	31	1	0	1	1	1
EGG WHITE	0	0	0	29	0	0	1	1	1
MUSHROOM, RAW	1	0	0	6	1	0	0	0	0
COFFEE, BREWED, PREPARED	0	0	0	0	0	0	0	0	0
LEAN	18	4	105	0	0	0	0	0	0
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	2	0	0	41	2	1	2	3	4
SWEET POTATO, RAW	1	1	0	1	1	0	0	0	0
SWEET POTATO, RAW-2	1	1	0	1	1	0	0	0	0
CHICKEN BREAST, ROASTED-2	2	0	0	41	2	1	2	3	4
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	14	3	53	36	15	0	0	0	0
LEAN-2	9	2	53	0	0	0	0	0	0
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	1	1	0	2	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)

All Foods	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)	Histidine (g)	Isoleucine (g)	Leucine (g)	Lysine (g)
OATMUSCLE-2	0	0	0	0	0	0	0	0	0
PREPPED	18	4	105	49	30	0	0	0	0
<b>Meal Total:</b>	<b>69</b>	<b>16</b>	<b>315</b>	<b>260</b>	<b>52</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>11</b>
<b>Daily Total:</b>	<b>69</b>	<b>16</b>	<b>315</b>	<b>260</b>	<b>52</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>11</b>
<b>Daily Goal:</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>70</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% of Daily Goal:</b>	691 %			371 %	348 %				

All Foods	Methionine (g)	Phenylala- nine (g)	Threonine (g)	Tryptophan (g)	Valine (g)	Alanine (g)	Arginine (g)	Aspartic acid (g)	Cystine (g)
WHOLE WHEAT BREAD, TOASTED, CP	0	0	0	0	0	0	0	0	0
EGG, LARGE	0	1	1	0	1	1	1	1	0
EGG WHITE	1	1	1	0	1	1	1	2	0
MUSHROOM, RAW	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED	0	0	0	0	0	0	0	0	0
LEAN	0	0	0	0	0	0	0	0	0
GLUTAMINE PEPTIDES	0	0	0	0	0	0	0	0	0
OATMUSCLE	0	0	0	0	0	0	0	0	0
AMINO PLUS	0	0	0	0	0	0	0	0	0
CHICKEN BREAST, ROASTED	1	2	2	1	2	3	3	4	1
SWEET POTATO, RAW	0	0	0	0	0	0	0	1	0
SWEET POTATO, RAW-2	0	0	0	0	0	0	0	1	0
CHICKEN BREAST, ROASTED-2	1	2	2	1	2	3	3	4	1
GLUTAMINE PEPTIDES-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-2	0	0	0	0	0	0	0	0	0
AMINO PLUS-3	0	0	0	0	0	0	0	0	0
SALVAGE	0	0	0	0	0	0	0	0	0
LEAN-2	0	0	0	0	0	0	0	0	0
GLUTAMINE PEPTIDES-3	0	0	0	0	0	0	0	0	0
COFFEE, BREWED, PREPARED-2	0	0	0	0	0	0	0	0	0
OATMUSCLE-2	0	0	0	0	0	0	0	0	0

## Detailed Intake Report for Glen Krog (continued)



















All Foods	Methionine (g)	Phenylalanine (g)	Threonine (g)	Tryptophan (g)	Valine (g)	Alanine (g)	Arginine (g)	Aspartic acid (g)	Cystine (g)
PREPPED	0	0	0	0	0	0	0	0	0
<b>Meal Total:</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>2</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>13</b>	<b>2</b>
<b>Daily Total:</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>2</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>13</b>	<b>2</b>
<b>Daily Goal:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>% of Daily Goal:</b>									

All Foods	Glutamic acid (g)	Glycine (g)	Proline (g)	Serine (g)	Tyrosine (g)				
WHOLE WHEAT BREAD, TOASTED, CP	2	0	1	0	0				
EGG, LARGE	2	0	0	1	1				
EGG WHITE	2	1	1	1	1				
MUSHROOM, RAW	0	0	0	0	0				
COFFEE, BREWED, PREPARED	0	0	0	0	0				
LEAN	0	0	0	0	0				
GLUTAMINE PEPTIDES	0	0	0	0	0				
OATMUSCLE	0	0	0	0	0				
AMINO PLUS	0	0	0	0	0				
CHICKEN BREAST, ROASTED	7	2	2	2	2				
SWEET POTATO, RAW	0	0	0	0	0				
SWEET POTATO, RAW-2	0	0	0	0	0				
CHICKEN BREAST, ROASTED-2	7	2	2	2	2				
GLUTAMINE PEPTIDES-2	0	0	0	0	0				
AMINO PLUS-2	0	0	0	0	0				
AMINO PLUS-3	0	0	0	0	0				
SALVAGE	0	0	0	0	0				
LEAN-2	0	0	0	0	0				
GLUTAMINE PEPTIDES-3	0	0	0	0	0				
COFFEE, BREWED, PREPARED-2	0	0	0	0	0				
OATMUSCLE-2	0	0	0	0	0				
PREPPED	0	0	0	0	0				


## Detailed Intake Report for Glen Krog (continued)


All Foods	Glutamic acid (g)	Glycine (g)	Proline (g)	Serine (g)	Tyrosine (g)
<b>Meal Total:</b>	21	6	6	6	5
<b>Daily Total:</b>	21	6	6	6	5
<b>Daily Goal:</b>	0	0	0	0	0
<b>% of Daily Goal:</b>					

### Under & Over Goal Comments

-  You've exceeded your calorie allotment for today. Check your intake of calorie sources (protein, carbs, fat and alcohol) to see where you're high
-  You've exceeded your goal for Vitamin A. The upper limit (UL) for this nutrient for adults over 18 years is 10,000 IU or 3000 mcg.
-  You've exceeded your goal for Niacin. The upper limit (UL) for this nutrient for individuals over 18 years old is 35 mg.
-  You have not reached your goal for Pantothenic Acid (B-5). Good sources include salmon, liver, kidney, egg, yeast, chicken, yogurt, sweet potato, milk, ham, corn, whole-wheat macaroni, kidney beans, mushrooms, soybeans, banana, orange, collard greens, potato, broccoli, peanut butter, apple, wheat germ, whole grain breads and cereals.
-  You've exceeded your goal for Vitamin B-6. The upper limit (UL) for this nutrient for adults over 18 years is 100 mg.
-  You've exceeded your goal for Total Folate. The upper limit (UL) for this nutrient for adults over 18 years is 1000 mcg synthetic (i.e., obtained from supplements or fortified foods).
-  You've exceeded your goal for Vitamin C. The upper limit (UL) for this nutrient for adults over 18 years is 2000 mg.
-  You have not reached your goal for Vitamin D. Good sources include vitamin-D fortified milk, salmon, mackerel, sardines, and cod liver oil.
-  You've exceeded your goal for Vitamin E. The upper limit (UL) for this nutrient for individuals over 18 years is 1500 IU or 1,000 mg.
-  You have not reached your goal for Vitamin K. Good sources include green leafy vegetables such as spinach, turnip greens, kale, broccoli, green cabbage, legumes (i.e., lentils, chickpeas), alfalfa, egg yolk and beef liver.
-  You have not reached your goal for Calcium. Good sources include milk, yogurt, cheese, tofu, sardines with bones, broccoli and kale.
-  You've exceeded your goal for Phosphorus. The upper limit (UL) for this nutrient for individuals 9 to 70 years old is 4000 mg.
-  You have not reached your goal for Potassium. Good sources include bananas, oranges, grapefruit, dried fruits, potatoes, milk, tomatoes and spinach.
-  You have not reached your goal for Chromium. Good sources include brewer's yeast, cheese, liver, wheat germ, whole eggs, peanut butter, spinach, chicken, mushrooms and whole grains.
-  You have not reached your goal for Copper. Good sources include beef liver, peanuts, brazil nuts, sunflower seeds, mushrooms, oysters, raisins and chick peas.
-  You've exceeded your goal for Iodine. The upper limit (UL) for this nutrient for adults over 18 years is 1100 mcg.
-  You've exceeded your goal for Iron. The upper limit (UL) for this nutrient for individuals over 13 years is 45 mg.
-  You have not reached your goal for Manganese. Good sources include whole grain products, avocado, pineapple, wheat germ, oatmeal, nuts, green vegetables such as spinach and kale, black beans, almonds and lentils.

## Detailed Intake Report for Glen Krog (continued)

 You've exceeded your goal for Selenium. The upper limit (UL) for this nutrient for individuals over 13 years is 400 mcg.

 You've exceeded your goal for Zinc. The upper limit (UL) for this nutrient for individuals over 18 years is 40 mg.

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### Exchange Information:

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
7	17.5	0	3	0	0.7	0	0	0	0	0	0