

Karla Fisher

Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Tuesday, March 04, 2008</b>			
<b>Breakfast</b>			
	ham steak	2 each	140
	LaTortilla Factory cheese colby, low fat	1 slice/piece	50
	pineapple, fresh	0.82 ounce	40
		2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
<b>Lunch</b>			
	tomato paste, canned w/o salt	0.2 cup	43
	pinto beans, boiled	0.42 cup	99
	ground turkey, low fat, TJ	6 ounce	180
<b>Dinner</b>			
	chicken breast, roasted, meat only	6 ounce	281
	apples, fresh w/skin	1 each	81
<b>Snacks</b>			
	protein drink	1 each	148
	CytoGainer protein drink, chocolate carmel swril, cytogainer	4 each	570
	kashi go lean cereal, regular, Kashi	1.2 cup	192
	Kashi cereal bar, TLC, Kashi	2.8 each	392
	milk, 1%, low fat	8 fluid ounce	102
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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Wednesday, March 05, 2008</b>			
<b>Breakfast</b>			
	CytoGainer protein drink, chocolate carmel swirl, cytogainer	4 each	570
<b>Lunch</b>			
	peanut sauce, Thai, Sunluck	2.5 tablespoon	100
	chicken breast, roasted, meat only	6 ounce	281
	teriyaki sauce, reduced sodium	1.5 tablespoon	20
	mixed vegetables, frozen boiled	0.6 cup	65
<b>Dinner</b>			
	tomato paste, canned w/o salt	0.2 cup	43
	pinto beans, boiled	0.42 cup	99
	ground turkey, low fat, TJ	6 ounce	180
<b>Snacks</b>			
	apples, fresh w/skin	1 each	81
	peanut butter, reduced fat	4 tablespoon	374
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	popcorn, air-popped	3.6 cup	110
	protein drink	1 each	148
			2429

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Thursday, March 06, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Lunch</b>			
	peanut sauce, Thai, Sunluck	2.5 tablespoon	100
	chicken breast, roasted, meat only	6 ounce	281
	teriyaki sauce, reduced sodium	1.5 tablespoon	20
	mixed vegetables, frozen boiled	0.6 cup	65
<b>Dinner</b>			
	tomato paste, canned w/o salt	0.2 cup	43
	pinto beans, boiled	0.42 cup	99
	ground turkey, low fat, TJ	6 ounce	180
<b>Snacks</b>			
	chicken thigh, roasted, meat only	6 ounce	357
	apples, fresh w/skin	1 each	81
	CytoGainer protein drink, chocolate carmel swirl, cytogainer	4 each	570
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
			2656

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Friday, March 07, 2008</b>			
<b>Breakfast</b>			
	CytoGainer protein drink, chocolate carmel swril, cytogainer	4 each	570
<b>Lunch</b>			
	ham steak	3 each	210
	green beans, canned, cooked	2.6 cup	73
<b>Dinner</b>			
	tomato paste, canned w/o salt	0.2 cup	43
	pinto beans, boiled	0.42 cup	99
	ground turkey, low fat, TJ	6 ounce	180
	chicken breast, roasted, meat only	4 ounce	187
	oil vegetable, pure, Crisco	0.2 tablespoon	22
	peanut butter, regular, Peter Pan	1 tablespoon	95
	coconut milk, canned	1 tablespoon	30
	tofu, firm, 1/4 block	2 ounce	43
	rice flour, brown	2 tablespoon	72
<b>Snacks</b>			
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	CytoGainer protein drink, chocolate carmel swril, cytogainer	4 each	570
	almonds, dry roasted w/salt	35 gram	209
			<u>2761</u>

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Saturday, March 08, 2008</b>			
<b>Breakfast</b>			
	peanut sauce, Thai, Sunluck	2.5 tablespoon	100
	chicken breast, roasted, meat only	6 ounce	281
	teriyaki sauce, reduced sodium	1.5 tablespoon	20
	mixed vegetables, frozen boiled	0.6 cup	65
<b>Lunch</b>			
	tuna yellowfin, cooked dry heat	3 ounce	118
	spinach, fresh	2 cup	14
	avocados, fresh california	0.5 each	154
<b>Dinner</b>			
	tomato paste, canned w/o salt	0.2 cup	43
	pinto beans, boiled	0.42 cup	99
	ground turkey, low fat, TJ	6 ounce	180
<b>Snacks</b>			
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	almonds, dry roasted w/salt	70 gram	417
	CytoGainer protein drink, chocolate	4 each	570
	carmel swril, cytogainer		
	beef jerky, teriyaki, Oberto	1 ounce	80
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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Sunday, March 09, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Dinner</b>			
	chicken breast, roasted, meat only	2.5 ounce	117
	steak t-bone, lean only, broiled	2.5 ounce	143
	shrimp, cooked	8 each	44
	charro beans Chevys, Chevys	1.5 each	345
	avocados, fresh california	1 each	308
	oil vegetable, pure, Crisco	1 tablespoon	110
	tortillas flour, 6" diameter	1 each	98
	tortilla chips, plain	0.4 ounce	57
<b>Snacks</b>			
	CytoGainer protein drink, chocolate carmel swirl, cytogainer	8 each	1140
			2864

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Monday, March 10, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Lunch</b>			
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
	chicken breast, roasted, meat only	6 ounce	281
	pasta sauce, portabello, Walnut Acres	0.5 cup	50
<b>Dinner</b>			
	chicken thigh, roasted, meat only	6 ounce	357
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
	salad dressing italian, fat-free	5 tablespoon	33
<b>Snacks</b>			
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	CytoGainer protein drink, chocolate carmel swril, cytogainer	4 each	570
	almonds, dry roasted w/salt	1 ounce	169
	apples, fresh w/skin	1 each	81
			2591

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Tuesday, March 11, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Lunch</b>			
	chicken breast, roasted, meat only	6 ounce	281
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
	pasta sauce, portabello, Walnut Acres	0.5 cup	50
<b>Dinner</b>			
	chicken thigh, roasted, meat only	6 ounce	357
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
	mixed vegetables, frozen boiled	0.5 cup	54
	salad dressing italian, fat-free	7 tablespoon	46
	papayas, fresh	0.75 each	89
	peanuts, dry roasted w/salt	0.3 ounce	50
	cabbage, fresh	0.2 cup	4
<b>Snacks</b>			
	CytoGainer protein drink, chocolate carmel swirl, cytogainer	4 each	570
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
			2551

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Wednesday, March 12, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Lunch</b>			
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
	chicken thigh, roasted, meat only	6 ounce	357
	pasta sauce, portabello, Walnut Acres	0.5 cup	50
<b>Dinner</b>			
	steak t-bone, lean only, broiled	14 ounce	803
	asparagus, frozen spears boiled	6 each	25
	lettuce, romaine	2 cup	16
	cheese colby, low fat	0.5 ounce	25
<b>Snacks</b>			
	CytoGainer protein drink, chocolate	4 each	570
	carmel swiril, cytogainer		
	almonds, regular	35 gram	202
			<hr/> 2645

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<b>Thursday, March 13, 2008</b>			
<b>Breakfast</b>			
	CytoGainer protein drink, chocolate carmel swril, cytogainer	4 each	570
<b>Lunch</b>			
	turkey breast deli sandwich, regular, Subway	1.5 each	323
	roast beef deli sandwich, regular, Subway	0.5 each	112
	pickles dill, kosher spears, Claussen	2 each	10
<b>Dinner</b>			
	tofu, soft, 1/4 block	2 ounce	35
	spinach, fresh	3 cup	21
	rice white, long grain, cooked	5 tablespoon	64
	egg roll wrappers, wonton	1 each	93
	chicken breast, roasted, meat only	4 ounce	187
	oil vegetable, pure, Crisco	1 tablespoon	110
	peanut butter, regular, Skippy	2 tablespoon	190
	shrimp scampi, regular	5 each	92
	salmon pink, cooked dry heat	1 ounce	42
	squid, calamari, raw	1 ounce	26
	crab alaska king, 1 leg, cooked	0.5 each	65
	mixed vegetables, frozen, Bird's Eye	1 cup	90
<b>Snacks</b>			
	almonds, regular	50 gram	289
	CytoGainer protein drink, chocolate carmel swril, cytogainer	3 each	428
	bananas, fresh	1 each	109
			2856

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Meal	Food	Portion	Calories
<b>Friday, March 14, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	5 cup	800
	milk, 1%, low fat	16 fluid ounce	204
<b>Lunch</b>			
	chicken thigh, roasted, meat only	3 ounce	178
	chicken breast, roasted, meat only	3 ounce	140
	chicken breast, roasted, meat only	6 ounce	281
	Spelt Pasta Rotini, VitaSpelt	1 ounce	95
<b>Snacks</b>			
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	CytoGainer protein drink, chocolate	4 each	570
	carmel swiril, cytogainer		
	almonds, regular	35 gram	202
			<u>2828</u>

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Tuesday, March 04, 2008 through Saturday, March 15, 2008

Meal	Food	Portion	Calories
<b>Saturday, March 15, 2008</b>			
<b>Breakfast</b>			
	kashi go lean cereal, regular, Kashi	2.5 cup	400
	milk, 1%, low fat	8 fluid ounce	102
<b>Lunch</b>			
	chicken thigh, roasted, meat only	5 ounce	297
	rice white, long grain, cooked	1 cup	205
	pine nuts (pignolias), regular	4 each	4
	yogurt plain, full fat, 8 oz	0.5 each	69
	pita bread, whole-wheat	1 each	160
	spinach, fresh	2 cup	14
	salad dressing italian, regular	2 tablespoon	137
	Humus	57 gram	118
<b>Dinner</b>			
	chicken breast, roasted, meat only	6 ounce	281
<b>Snacks</b>			
	pineapple, fresh	2 fluid ounce	19
	non-fat cottage chees	1.66 cup	266
	grapes, american type	10 each	16
	cantaloupe, fresh wedge, 1/8 melon	3 ounce	30
	watermelon, fresh wedge, 1/16 melon	3 ounce	27
	CytoGainer protein drink, chocolate	4 each	570
	carmel swril, cytogainer		
	almonds, regular	10 gram	58
	kashi go lean cereal, regular, Kashi	2.5 cup	400
			3173

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