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Dietary Analysis For: Raposo, Joe
For the Date Range: 01/14/2011 to 01/20/2011

DAY # 1
(01/14/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	3.64	18.84	1.99	102.20
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
6	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50
Totals:			32.71	26.87	1.99	248.70
AM Snack						
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals:			4.20	29.70	8.10	190.00
Lunch						
2	table spoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	each	Pretzels - Featherweight, low salt	0.30	2.30	0.10	12.00
1	large	Salad - Irg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			41.90	25.30	3.30	316.00
PM Snack						
4	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
2.5	ounce(s)	Tuna Solid White -Water Sm. can	18.75	1.25	1.25	87.50
Totals:			21.05	14.94	1.51	150.80
Dinner						
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			39.45	50.19	5.22	406.52
Evening Snack						
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00
2	1 cake	Snacks, rice cakes, brown rice, buckwheat, unsalted	1.62	14.42	0.63	68.40
Totals:			3.62	17.42	9.63	169.40
Actual Totals for 01/14/2011:			142.93	164.43	29.74	1481.42
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			52.93	-141.57	-14.26	-498.58
Actual % of Total Calories:			38.19	43.93	17.88	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			20.19	-18.07	-2.12	

DAY # 2
(01/15/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
4	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1	cup	Kellogs Special K (Red Berries)	2.00	27.00	0.00	110.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals:			24.40	40.10	0.40	264.00
AM Snack						
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			3.30	24.00	8.00	166.00
Lunch						
5	table spoon	Balsamic Vinegar	0.00	10.00	0.00	50.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	1 patty	Veggie burgers, unprepared	10.99	9.99	4.41	123.90
1	slice	Whole Wheat Bread, Prepared, Toasted	3.86	23.69	2.48	128.10
Totals:			17.45	62.68	7.69	400.00
PM Snack						
0.25	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:			28.27	11.45	2.42	184.66
Dinner						
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
0.5	1 cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
Totals:			48.21	53.31	3.95	448.00
Evening Snack						
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00
4	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
Totals:			4.00	11.00	9.00	141.00
Actual Totals for 01/15/2011:			125.63	202.54	31.46	1603.66
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			35.63	-103.46	-12.54	-376.34
Actual % of Total Calories:			31.49	50.77	17.74	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			13.49	-11.23	-2.26	

DAY # 3
(01/16/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
0.25	1/2 cup	Skim Milk	2.00	1.50	0.00	10.63
0.5	1 cup pieces	Turkey bacon, cooked	12.14	1.27	11.44	156.62
Totals:			34.20	7.00	11.44	269.24
AM Snack						
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.40	24.30	0.81	59.10
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			9.90	37.80	0.81	149.10
Lunch						
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
2	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.40	0.78	0.31	6.60
1	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
4	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00
4	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals:			45.92	45.45	5.20	405.48
PM Snack						
0.25	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:			28.27	11.45	2.42	184.66
Dinner						
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			47.15	34.69	3.22	357.52
Evening Snack						
2	1 cubic inch	Cheese, Cheddar or american, fat-free	7.20	4.29	0.26	47.36
2	1 oz	Snacks, pretzels, hard, whole-wheat	6.29	46.04	1.47	205.25
Totals:			13.49	50.33	1.73	252.61
Actual Totals for 01/16/2011:			178.94	186.73	24.82	1618.62
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			88.94	-119.27	-19.18	-361.38
Actual % of Total Calories:			42.45	44.30	13.25	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			24.45	-17.70	-6.75	

DAY # 4
(01/17/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
4	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1	cup	Kellogs Special K (Red Berries)	2.00	27.00	0.00	110.00
0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
Totals:			20.27	34.38	0.20	223.00
AM Snack						
1	each	Cheese, String Mozzarella, Low-Fat, Light, SARGENTO	6.00	1.00	25.00	50.00
15	each	Grapes - American	0.30	6.15	0.00	30.00
Totals:			6.30	7.15	25.00	80.00
Lunch						
12	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
3	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
1	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
5	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
Totals:			42.56	39.92	4.04	341.92
PM Snack						
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:			28.54	16.71	2.54	205.33
Dinner						
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
1.5	table spoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
1.5	3 oz	Pork, fresh, loin, tenderloin, lean only, broiled	38.79	0.00	8.07	238.43
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:			45.89	32.53	9.16	400.43
Evening Snack						
4	each	Graham Crackers	1.93	21.50	2.83	118.00
1	table spoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			5.93	29.00	8.83	213.00
Actual Totals for 01/17/2011:			149.48	159.69	49.77	1463.67
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			59.48	-146.31	5.77	-516.33
Actual % of Total Calories:			35.49	37.92	26.59	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			17.49	-24.08	6.59	

DAY # 5
(01/18/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
1	1 serving 2 links	Sausage, turkey, breakfast links, mild	8.64	0.87	10.13	131.60
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50
Totals:			36.70	11.11	10.13	276.10
AM Snack						
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.40	24.30	0.81	59.10
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			9.90	37.80	0.81	149.10
Lunch						
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
1.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	4.50	0.00	12.00
3	1 leaf	Spinach, raw	0.86	1.09	0.12	6.90
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			60.06	44.58	5.97	463.66
PM Snack						
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
30	each	Grapes - American	0.60	12.30	0.00	60.00
Totals:			3.60	15.30	7.50	145.00
Dinner						
1	1 cup	Beans, snap, green, frozen, boiled, drained no salt	2.01	8.71	0.23	37.80
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
1	1 cup	Sweet potato, baked in skin, no salt	4.02	41.42	0.30	180.00
Totals:			45.91	51.41	6.53	444.30
Evening Snack						
1	1 NLEA Serving	Gelatin desserts, JELL-O Brand Sugar Free Strawberry, ready-to-eat	1.29	0.00	0.00	7.36
1	1 oz	Snacks, pretzels, hard, whole-wheat	3.15	23.02	0.74	102.63
Totals:			4.43	23.02	0.74	109.99
Actual Totals for 01/18/2011:			160.61	183.21	31.67	1588.15
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			70.61	-122.79	-12.33	-391.85
Actual % of Total Calories:			38.69	44.14	17.17	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			20.69	-17.86	-2.83	

DAY # 6
(01/19/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	3.64	18.84	1.99	102.20
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50
Totals:			31.71	29.07	1.99	246.70
AM Snack						
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			2.30	24.00	9.50	182.00
Lunch						
1.5	table spoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
1	large	Salad - Irg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
Totals:			53.60	22.00	2.00	341.00
PM Snack						
0.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	1.05	12.45	0.75	60.75
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			8.55	25.95	0.75	150.75
Dinner						
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
2	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
Totals:			49.15	23.10	14.82	438.40
Evening Snack						
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
5	each	Graham Crackers	2.42	26.88	3.54	147.50
Totals:			5.41	29.88	11.04	232.50
Actual Totals for 01/19/2011:			150.72	154.00	40.09	1591.35
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			60.72	-152.00	-3.91	-388.65
Actual % of Total Calories:			38.16	38.99	22.84	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			20.16	-23.01	2.84	

DAY # 7
(01/20/2011)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	each	Apple - medium with peel	0.30	21.10	0.00	81.00
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00
6	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
Totals:			25.57	29.08	0.20	228.00
AM Snack						
1	1 cup, with pits, yields	Cherries, sour, red, raw	1.03	12.55	0.31	51.50
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			8.53	26.05	0.31	141.50
Lunch						
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
1	table spoon	Cocktail sauce - Del Monte	0.30	3.00	0.00	23.00
4	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
2	cup	Vegetable soup - prepared, Cambell's Homestyle	4.00	18.00	4.00	120.00
Totals:			33.68	30.84	5.42	306.52
PM Snack						
0.5	cup	Kelloggs Special K (Red Berries)	1.00	13.50	0.00	55.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			8.50	27.00	0.00	145.00
Dinner						
0.5	cup	Angel hair - wheat, cooked, Cremette	3.50	21.00	0.50	105.00
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
1	1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0.25	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:			41.87	46.45	7.53	440.55
Evening Snack						
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00
4	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	1.10	4.75	0.27	22.40
Totals:			3.10	7.75	9.27	123.40
Actual Totals for 01/20/2011:			121.26	167.18	22.73	1384.97
Recommended Totals:			90.00	306.00	44.00	1980.00
Difference:			31.26	-138.82	-21.27	-595.03
Actual % of Total Calories:			35.71	49.23	15.06	
Recommended % of Total Calories:			18.00	62.00	20.00	
Difference:			17.71	-12.77	-4.94	

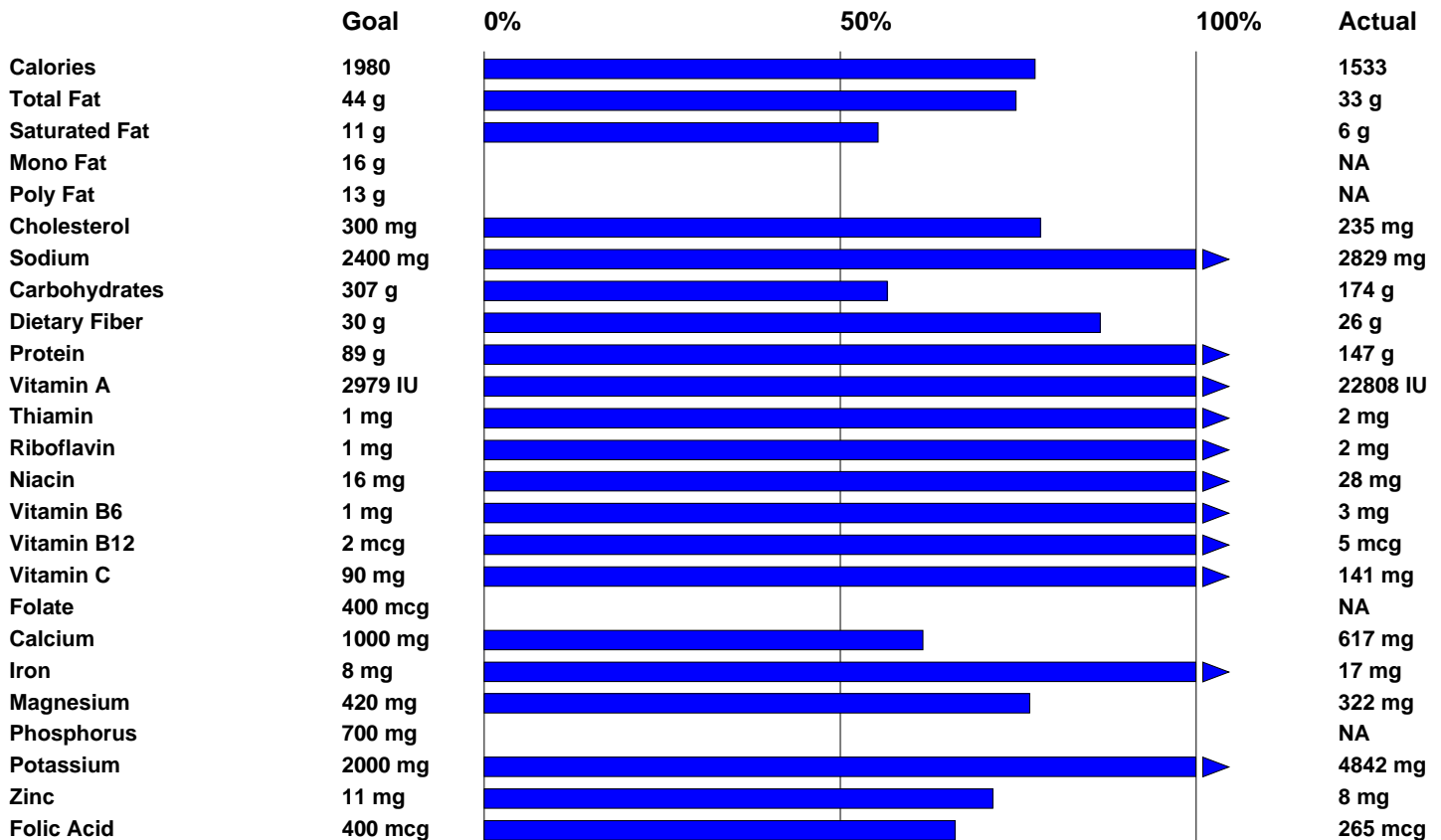
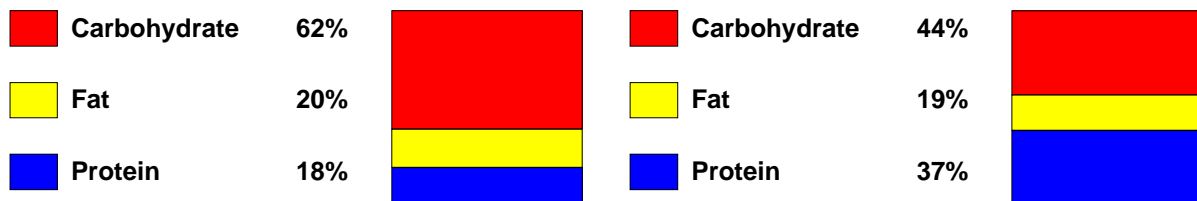
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Nutrient Summary Profile: Joe Raposo
 Date Range: 1/14/2011 to 1/20/2011

Nutrient Summary Profile
 Joe Raposo

Goal (1980 calories/day)

Actual (1533 average calories/day)



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Grocery List For: **Raposo, Joe**
For the Date Range: **01/14/2011 to 01/20/2011**

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Cheese, String Mozzarella, Low-Fat, Light, SARGENTO	1	each
Skim Milk	3.25	1/2 cup
Peanut Butter, Jif Reduced Fat	1	table spoon
Shrimp - boiled or steamed	4	ounce(s)
Egg Beaters - Fleischmann's	3	cup
Halibut - broiled	4	ounce(s)
Egg Whites - scrambled/boiled	20	each
Turkey Breast / White Meat	16	ounce(s)
Chicken Breast / White Meat	29	ounce(s)
Starchy Carbohydrates (Healthy)		
Kellogs Special K (Red Berries)	2.5	cup
Brown Rice - cooked	1	cup
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	3	large
Salad - med. garden w/tomato, onion	1	medium
Salad - sm. garden w/tomato, onion	5	small
Celery - raw stalk trimmed	4	each
Asparagus, fresh - boiled	3	cup
Jams/ Spreads/Sauces/ Syrups		
Almond Butter	4	table spoon
Marinara sauce - Progresso 'Authentic'	.25	cup
Cocktail sauce - Del Monte	1	table spoon
Mayonnaise - KRAFT Free, fat free	4.5	table spoon
Salsa - Chunky medium, Pace	5	table spoon
Relish - pickle	2	table spoon
Dairy		
Yogurt - Yoplait, Light, all flavors	30	ounce(s)
Milk - skim, no fat	2	cup
Cheese, parmesan, grated	1	1 tablespoon
Cream, sour, reduced fat, cultured	2	1 tablespoon
Cheese, Cheddar or american, fat-free	2	1 cubic inch
Fruits & Fruit Juices		
Apple - medium with peel	1	each
Banana - med 8"	1	each
Grapes - American	45	each
Blueberries, raw	1	1 cup
Cherries, sour, red, raw	1	1 cup, with pits, yields
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	3	cup
Tuna Solid White -Water Sm. can	7.5	ounce(s)
Cereals		

Food	Quantity	Measure
Cereals, QUAKER, Instant Oatmeal, low sodium, dry	2	1 packet
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2	0.5 cup (1 NLEA serving)
Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	.5	0.75 cup (1 NLEA serving)
Vegetables		
tomato, diced	2	1/2 cup
Celery - raw stalk, trimmed	4	each
Beans, snap, green, frozen, boiled, drained no salt	1	1 cup
Broccoli, frozen, chopped, boiled, drained, no salt	3	1 cup
Celery, raw	4	1 stalk, medium (7-1/2" - 8" long)
Spinach, raw	7	1 leaf
Sweet potato, baked in skin, no salt	1.5	1 cup
Sweet potato, baked in skin, no salt	1	1 small
Carrots, baby, raw	12	1 medium
Breads and baked goods		
Whole Wheat Bread, Prepared, Toasted	1	slice
Bread, whole-wheat, commercially prepared	4	1 slice
Carb. Snack Foods (Healthy)		
Graham Crackers	9	each
Apple - medium with peel	2	each
Soups and Gravies		
Vegetable soup - prepared, Cambell's Homestyle	3	cup
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	2	1 cup
Beverages		
Coffee - w/caffeine	12	ounce(s)
Nuts & Seeds		
Almonds - Planters Dry Roasted	2	ounce(s)
Dressings		
Balsamic Vinegar	22	table spoon
Snacks & Treats		
Pretzels - Featherweight, low salt	2	each
Snacks, pretzels, hard, whole-wheat	3	1 oz
Gelatin desserts, JELL-O Brand Sugar Free Strawberry, ready-to-eat	1	1 NLEA Serving
Snacks, rice cakes, brown rice, buckwheat, unsalted	2	1 cake
Beans, Lentils		
Veggie burgers, unprepared	1	1 patty
Seasonings		
Mustard, prepared, yellow	3	1 teaspoon or 1 packet
Sausages and Lunch Meats		
Sausage, turkey, breakfast links, mild	1	1 serving 2 links
Noodles & Pastas		
Angel hair - wheat, cooked, Cremette	.5	cup
Poultry		
Turkey bacon, cooked	.5	1 cup pieces
Finfish and Shellfish		
Fish, salmon, Atlantic, wild, cooked, dry heat	2	3 oz

Food	Quantity	Measure
Pork Products		
Pork, fresh, loin, tenderloin, lean only, broiled	1.5	3 oz

Tampa Rejuvenation LLC
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Meal Details For: Raposo, Joe
For the Date Range: 01/14/2011 to 01/20/2011

Meals for
01/14/2011

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Breakfast												
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	3.64	18.84	1.99	102.20	0.35	0.00	2.74	77.84	0.72	0.79
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
6	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00	0.00	0.00	0.00	330.00	0.00	0.00
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50	0.00	5.00	0.00	0.00	0.00	0.00
Totals:			32.71	26.87	1.99	248.70	0.35	5.00	2.74	407.84	0.72	0.79
AM Snack												
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00	1.00	0.00	0.00	100.00	0.20	0.08
1	each	Banana - med 8"	1.20	26.70	0.60	105.00	0.00	0.00	1.80	0.00	0.07	0.16
Totals:			4.20	29.70	8.10	190.00	1.00	0.00	1.80	100.00	0.26	0.23
Lunch												
2	table spoon	Balsamic Vinegar	0.00	4.00	0.00	20.00	0.00	0.00	0.00	10.00	0.00	0.00
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00	0.60	96.00	0.00	108.00	6.60	4.80
2	each	Pretzels - Featherweight, low salt	0.30	2.30	0.10	12.00	0.00	0.00	0.00	4.00	0.60	0.20
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00	0.20	0.00	4.40	24.00	0.30	1.04
Totals:			41.90	25.30	3.30	316.00	0.80	96.00	4.40	146.00	7.50	6.04
PM Snack												
4	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00	0.00	0.00	2.80	280.00	0.16	0.44
1	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30	0.01	0.00	0.16	56.00	0.11	0.03
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00	0.00	0.00	0.00	122.00	0.30	0.10
2.5	ounce(s)	Tuna Solid White -Water Sm. can	18.75	1.25	1.25	87.50	0.00	27.50	0.00	387.50	8.05	6.98
Totals:			21.05	14.94	1.51	150.80	0.01	27.50	2.96	845.50	8.62	7.54
Dinner												
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00	0.00	0.00	0.00	15.00	0.00	0.00
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52	0.03	0.00	5.52	20.24	0.01	0.10
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00	0.00	0.00	1.65	0.00	0.32	0.32
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00	0.00	48.00	0.00	80.00	5.84	2.72
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
Totals:			39.45	50.19	5.22	406.52	0.13	48.00	9.37	127.24	6.47	3.18

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Evening Snack												
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00	1.00	0.00	1.00	2.00	0.00	0.00
2	1 cake	Snacks, rice cakes, brown rice, buckwheat, unsalted	1.62	14.42	0.63	68.40	0.12	0.00	0.00	0.72	0.20	0.20
Totals:			3.62	17.42	9.63	169.40	1.12	0.00	1.00	2.72	0.20	0.20
Total for 101/14/2011:			142.93	164.43	29.74	1481.42	3.41	176.50	22.27	1629.30	23.78	17.99
Total Calories %:			38.19 %	43.93 %	17.88 %							

**Meals for
01/15/2011**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Breakfast												
4	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00	0.00	0.00	0.00	220.00	0.00	0.00
1	cup	Kellogs Special K (Red Berries)	2.00	27.00	0.00	110.00	0.00	0.00	3.00	190.00	0.00	0.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00	0.30	4.00	0.00	126.00	0.16	0.02
Totals:			24.40	40.10	0.40	264.00	0.30	4.00	3.00	536.00	0.16	0.02
AM Snack												
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00	1.00	0.00	0.00	100.00	0.20	0.08
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00	0.10	0.00	3.70	0.00	0.01	0.06
Totals:			3.30	24.00	8.00	166.00	1.10	0.00	3.70	100.00	0.20	0.14
Lunch												
5	table spoon	Balsamic Vinegar	0.00	10.00	0.00	50.00	0.00	0.00	0.00	25.00	0.00	0.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00	0.20	0.00	4.40	24.00	0.30	1.04
1	1 patty	Veggie burgers, unprepared	10.99	9.99	4.41	123.90	0.00	3.50	3.43	398.30	0.00	0.00
1	slice	Whole Wheat Bread, Prepared, Toasted	3.86	23.69	2.48	128.10	0.37	0.00	2.81	160.02	NA	NA
Totals:			17.45	62.68	7.69	400.00	0.57	3.50	10.64	607.32	NA	NA
PM Snack												
0.25	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66	0.01	0.00	0.87	0.36	0.02	0.05
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00	1.50	10.00	0.00	918.00	0.66	0.07
Totals:			28.27	11.45	2.42	184.66	1.51	10.00	0.87	918.36	0.68	0.12
Dinner												
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00	0.20	0.00	3.80	20.00	0.01	0.12
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00	0.00	0.00	0.00	15.00	0.00	0.00
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00	0.60	96.00	0.00	108.00	6.60	4.80
2	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00	0.20	0.00	4.40	24.00	0.60	0.08
0.5	1 cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00	0.05	0.00	3.30	36.00	0.00	0.10
Totals:			48.21	53.31	3.95	448.00	1.05	96.00	11.50	203.00	7.21	5.10
Evening Snack												
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00	1.00	0.00	1.00	2.00	0.00	0.00
4	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00	0.00	0.00	2.80	280.00	1.20	4.00
Totals:			4.00	11.00	9.00	141.00	1.00	0.00	3.80	282.00	1.20	4.00
Total for 101/15/2011:			125.63	202.54	31.46	1603.66	5.53	113.50	33.51	2646.68	NA	NA
Total Calories %:			31.49 %	50.77 %	17.74 %							

**Meals for
01/16/2011**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Breakfast												
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00	0.00	0.00	0.00	320.00	2.25	4.02
0.25	1/2 cup	Skim Milk	2.00	1.50	0.00	10.63	0.00	1.25	0.00	0.00	0.00	0.00
0.5	1 cup pieces	Turkey bacon, cooked	12.14	1.27	11.44	156.62	3.40	40.18	0.00	936.85	4.47	2.79
Totals:			34.20	7.00	11.44	269.24	3.40	41.43	0.00	1256.85	6.72	6.81
AM Snack												
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.40	24.30	0.81	59.10	0.12	0.00	14.40	128.70	0.13	0.41
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00	0.00	6.00	0.00	96.00	0.60	0.60
Totals:			9.90	37.80	0.81	149.10	0.12	6.00	14.40	224.70	0.73	1.01
Lunch												
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76	0.51	0.00	3.86	295.12	0.94	0.56
2	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.40	0.78	0.31	6.60	0.02	0.00	0.32	112.00	0.21	0.06
1	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92	0.33	4.76	1.43	466.48	0.45	0.35
4	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20	0.03	0.00	0.88	31.60	0.00	0.07
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00	0.00	0.00	0.99	8.10	NA	NA
4	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00	0.28	96.00	0.00	60.00	30.00	20.52
Totals:			45.92	45.45	5.20	405.48	1.17	100.76	7.48	973.30	NA	NA
PM Snack												
0.25	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66	0.01	0.00	0.87	0.36	0.02	0.05
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00	1.50	10.00	0.00	918.00	0.66	0.07
Totals:			28.27	11.45	2.42	184.66	1.51	10.00	0.87	918.36	0.68	0.12
Dinner												
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52	0.03	0.00	5.52	20.24	0.01	0.10
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00	0.00	0.00	1.65	0.00	0.32	0.32
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00	0.60	96.00	0.00	108.00	6.60	4.80
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00	0.00	0.00	0.00	102.00	0.60	0.20
Totals:			47.15	34.69	3.22	357.52	0.63	96.00	7.17	230.24	7.53	5.42
Evening Snack												
2	1 cubic inch	Cheese, Cheddar or american, fat-free	7.20	4.29	0.26	47.36	0.16	3.52	0.00	488.96	0.07	0.01
2	1 oz	Snacks, pretzels, hard, whole-wheat	6.29	46.04	1.47	205.25	0.32	0.00	4.37	115.10	0.58	0.47
Totals:			13.49	50.33	1.73	252.61	0.48	3.52	4.37	604.06	0.66	0.48
Total for 101/16/2011:			178.94	186.73	24.82	1618.62	7.31	257.71	34.29	4207.51	NA	NA
Total Calories %:			42.45 %	44.30 %	13.25 %							

**Meals for
01/17/2011**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00	0.00	0.00	0.00	320.00	2.25	4.02
1	1 serving 2 links	Sausage, turkey, breakfast links, mild	8.64	0.87	10.13	131.60	4.44	33.60	0.00	327.60	2.80	1.85
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50	0.00	5.00	0.00	0.00	0.00	0.00
Totals:			36.70	11.11	10.13	276.10	4.44	38.60	0.00	647.60	5.05	5.87
AM Snack												
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.40	24.30	0.81	59.10	0.12	0.00	14.40	128.70	0.13	0.41
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00	0.00	6.00	0.00	96.00	0.60	0.60
Totals:			9.90	37.80	0.81	149.10	0.12	6.00	14.40	224.70	0.73	1.01
Lunch												
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76	0.51	0.00	3.86	295.12	0.94	0.56
1.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	4.50	0.00	12.00	0.00	0.00	0.00	187.50	0.45	1.50
3	1 leaf	Spinach, raw	0.86	1.09	0.12	6.90	0.02	0.00	0.66	23.70	0.00	0.05
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00	0.00	0.00	0.99	8.10	NA	NA
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00	0.42	144.00	0.00	90.00	45.00	30.78
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00	0.00	0.00	0.00	880.00	0.30	0.10
Totals:			60.06	44.58	5.97	463.66	0.95	144.00	5.51	1484.42	NA	NA
PM Snack												
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00	1.00	0.00	0.00	100.00	0.20	0.08
30	each	Grapes - American	0.60	12.30	0.00	60.00	0.00	0.00	0.00	0.00	0.30	0.27
Totals:			3.60	15.30	7.50	145.00	1.00	0.00	0.00	100.00	0.50	0.35
Dinner												
1	1 cup	Beans, snap, green, frozen, boiled, drained no salt	2.01	8.71	0.23	37.80	0.06	0.00	4.05	12.15	0.01	0.11
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00	0.60	96.00	0.00	108.00	6.60	4.80
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50	2.24	11.70	0.00	12.30	1.04	0.13
1	1 cup	Sweet potato, baked in skin, no salt	4.02	41.42	0.30	180.00	0.10	0.00	6.60	72.00	0.00	0.19
Totals:			45.91	51.41	6.53	444.30	3.00	107.70	10.65	204.45	7.65	5.24
Evening Snack												
1	1 NLEA Serving	Gelatin desserts, JELL-O Brand Sugar Free Strawberry, ready-to-eat	1.29	0.00	0.00	7.36	0.00	0.00	0.00	45.08	0.00	0.00
1	1 oz	Snacks, pretzels, hard, whole-wheat	3.15	23.02	0.74	102.63	0.16	0.00	2.18	57.55	0.29	0.24
Totals:			4.43	23.02	0.74	109.99	0.16	0.00	2.18	102.63	0.29	0.24
Total for 101/18/2011:			160.61	183.21	31.67	1588.15	9.67	296.30	32.75	2763.80	NA	NA
Total Calories %:			38.69 %	44.14 %	17.17 %							

**Meals for
01/19/2011**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Breakfast												
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	3.64	18.84	1.99	102.20	0.35	0.00	2.74	77.84	0.72	0.79
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00	0.00	0.00	0.00	320.00	2.25	4.02

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
1	1/2 cup	Skim Milk	8.00	6.00	0.00	42.50	0.00	5.00	0.00	0.00	0.00	0.00
Totals:			31.71	29.07	1.99	246.70	0.35	5.00	2.74	397.84	2.97	4.81
AM Snack												
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00	1.00	0.00	1.00	2.00	0.00	0.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00	0.10	0.00	3.70	0.00	0.01	0.06
Totals:			2.30	24.00	9.50	182.00	1.10	0.00	4.70	2.00	0.01	0.06
Lunch												
1.5	table spoon	Balsamic Vinegar	0.00	3.00	0.00	15.00	0.00	0.00	0.00	7.50	0.00	0.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00	0.20	0.00	4.40	24.00	0.30	1.04
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00	0.42	144.00	0.00	90.00	45.00	30.78
Totals:			53.60	22.00	2.00	341.00	0.62	144.00	4.40	121.50	45.30	31.82
PM Snack												
0.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	1.05	12.45	0.75	60.75	0.09	0.00	0.84	81.75	0.42	0.23
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00	0.00	6.00	0.00	96.00	0.60	0.60
Totals:			8.55	25.95	0.75	150.75	0.09	6.00	0.84	177.75	1.02	0.83
Dinner												
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00	0.20	0.00	3.80	20.00	0.01	0.12
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00	0.00	0.00	0.00	15.00	0.00	0.00
2	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40	2.14	120.70	0.00	95.20	4.58	5.54
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00	0.00	0.00	0.00	153.00	0.90	0.30
Totals:			49.15	23.10	14.82	438.40	2.44	120.70	6.00	295.20	5.79	6.00
Evening Snack												
0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00	1.00	0.00	0.00	100.00	0.20	0.08
5	each	Graham Crackers	2.42	26.88	3.54	147.50	0.53	0.00	0.98	211.75	NA	NA
Totals:			5.41	29.88	11.04	232.50	1.53	0.00	0.98	311.75	NA	NA
Total for 101/19/2011:			150.72	154.00	40.09	1591.35	6.13	275.70	19.66	1306.04	NA	NA
Total Calories %:			38.16 %	38.99 %	22.84 %							

**Meals for
01/20/2011**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Breakfast												
1	each	Apple - medium with peel	0.30	21.10	0.00	81.00	0.00	0.00	3.50	0.00	0.01	0.06
2	ounce(s)	Coffee - w/caffeine	0.07	0.23	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
6	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00	0.00	0.00	0.00	330.00	0.00	0.00
0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00	0.15	2.00	0.00	63.00	0.08	0.01
Totals:			25.57	29.08	0.20	228.00	0.15	2.00	3.50	393.00	0.09	0.07
AM Snack												
1	1 cup, with pits, yields	Cherries, sour, red, raw	1.03	12.55	0.31	51.50	0.07	0.00	1.65	3.09	0.08	0.09
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00	0.00	6.00	0.00	96.00	0.60	0.60
Totals:			8.53	26.05	0.31	141.50	0.07	6.00	1.65	99.09	0.68	0.69

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Lunch												
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52	0.03	0.00	5.52	20.24	0.01	0.10
1	table spoon	Cocktail sauce - Del Monte	0.30	3.00	0.00	23.00	0.00	0.00	0.00	255.00	0.30	0.10
4	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00	0.32	220.00	0.00	256.00	5.84	2.72
2	cup	Vegetable soup - prepared, Cambell's Homestyle	4.00	18.00	4.00	120.00	0.00	0.00	0.00	1760.00	0.60	0.20
Totals:			33.68	30.84	5.42	306.52	0.35	220.00	5.52	2291.24	6.75	3.12
PM Snack												
0.5	cup	Kellogs Special K (Red Berries)	1.00	13.50	0.00	55.00	0.00	0.00	1.50	95.00	0.00	0.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00	0.00	6.00	0.00	96.00	0.60	0.60
Totals:			8.50	27.00	0.00	145.00	0.00	6.00	1.50	191.00	0.60	0.60
Dinner												
0.5	cup	Angel hair - wheat, cooked, Cremette	3.50	21.00	0.50	105.00	0.00	0.00	1.00	0.00	0.15	0.05
3	table spoon	Balsamic Vinegar	0.00	6.00	0.00	30.00	0.00	0.00	0.00	15.00	0.00	0.00
1	1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55	0.87	4.40	0.00	76.45	0.42	0.06
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00	0.50	80.00	0.00	90.00	5.50	4.00
0.25	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00	0.75	2.00	1.20	125.00	0.08	0.03
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00	0.15	0.00	3.30	18.00	0.30	0.04
Totals:			41.87	46.45	7.53	440.55	2.27	86.40	5.50	324.45	6.44	4.17
Evening Snack												
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00	1.00	0.00	1.00	2.00	0.00	0.00
4	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	1.10	4.75	0.27	22.40	0.07	0.00	2.56	128.00	0.05	0.13
Totals:			3.10	7.75	9.27	123.40	1.07	0.00	3.56	130.00	0.05	0.13
Total for 01/20/2011:			121.26	167.18	22.73	1384.97	3.91	320.40	21.23	3428.78	14.62	8.79
Total Calories %:			35.71 %	49.23 %	15.06 %							

Important Notes

* If you have a medical condition, please consult with your doctor before following this meal plan.

* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.

* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.

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Vitamin & Mineral Detail Report For: Raposo, Joe
For the Date Range: 01/14/2011 to 01/20/2011

Meals for
01/14/2011

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	1100.12	0.33	0.37	4.40	0.44	78.68	0.00	0.00	110.04	8.23	37.52	105.00	0.84
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
6	each	Egg Whites - scrambled/boiled	0.00	0.00	0.90	0.18	0.00	6.00	0.42	0.00	12.00	0.06	24.00	288.00	0.00
1	1/2 cup	Skim Milk	0.00	0.00	0.15	0.00	0.00	0.00	0.50	0.00	155.00	0.00	0.00	165.00	0.00
Totals:			1100.12	0.33	1.42	5.36	0.44	84.68	0.92	0.00	285.04	8.47	83.52	802.00	0.88
AM Snack															
0.5	ounce(s)	Almonds - Planters Dry Roasted	0.00	0.02	0.14	0.40	0.01	0.00	0.00	0.10	37.50	0.40	34.00	79.50	0.37
1	each	Banana - med 8"	70.00	0.00	0.00	0.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	380.00	0.00
Totals:			70.00	0.01	0.14	0.40	0.01	0.00	0.00	11.10	37.50	0.40	34.00	459.50	0.37
Lunch															
2	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6	ounce(s)	Chicken Breast / White Meat	6.00	0.00	0.00	3.00	0.12	0.00	0.12	0.36	0.00	0.18	6.00	66.00	0.24
2	each	Pretzels - Featherweight, low salt	0.00	0.44	0.24	4.60	0.28	0.00	0.00	0.00	86.00	4.00	84.00	350.00	2.04
1	large	Salad - lrg. garden w/tomato & onion	4724.00	0.16	0.12	1.58	0.24	0.00	0.00	48.60	19.00	1.18	30.00	596.00	0.28
Totals:			4730.00	0.60	0.36	9.18	0.64	0.00	0.12	48.96	105.00	5.36	120.00	1012.00	2.56
PM Snack															
4	each	Celery - raw stalk trimmed	312.00	0.00	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	712.00	0.00
1	1 teaspoon or 1 packet	Mustard, prepared, yellow	6.60	0.00	0.00	0.02	0.00	0.00	0.00	0.15	4.00	0.09	1.90	7.55	0.03
1	table spoon	Relish - pickle	23.00	0.00	0.00	0.03	0.00	0.00	0.00	0.20	0.00	0.13	1.00	4.00	0.02
2.5	ounce(s)	Tuna Solid White -Water Sm. can	57.50	0.00	0.03	4.10	0.30	2.50	1.55	0.00	2.50	0.43	25.00	200.00	0.33
Totals:			399.10	0.00	0.03	4.15	0.30	2.50	1.55	18.34	6.50	0.65	27.90	923.55	0.37
Dinner															
3	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	2057.12	0.10	0.15	0.84	0.24	0.00	0.00	73.78	60.72	1.12	23.92	261.28	0.52
0.5	cup	Brown Rice - cooked	0.00	0.09	0.02	1.50	0.14	4.00	0.00	0.00	11.50	0.41	42.00	42.00	0.62
4	ounce(s)	Halibut - broiled	204.00	0.08	0.12	8.08	0.44	16.00	1.56	0.00	68.00	1.20	120.00	652.00	0.60
1	small	Salad - sm. garden w/tomato, onion	2362.00	0.08	0.06	0.79	0.12	0.00	0.00	24.30	9.00	0.59	15.00	298.00	0.14

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Totals:			4623.12	0.35	0.35	11.21	0.94	20.00	1.56	98.08	149.22	3.32	200.92	1253.28	1.88
Evening Snack															
1	table spoon	Almond Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2	1 cake	Snacks, rice cakes, brown rice, buckwheat, unsalted	0.00	0.01	0.02	1.46	0.02	0.00	0.00	0.00	1.98	0.21	27.18	53.82	0.45
Totals:			0.00	0.01	0.02	1.46	0.02	0.00	0.00	0.00	1.98	0.21	27.18	53.82	0.45
Total for 01/14/2011:			10922.34	1.31	2.31	31.76	2.36	107.18	4.15	176.49	585.24	18.41	493.52	4504.15	6.51

**Meals for
01/15/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
4	each	Egg Whites - scrambled/boiled	0.00	0.00	0.60	0.12	0.00	4.00	0.28	0.00	8.00	0.04	16.00	192.00	0.00
1	cup	Kellogs Special K (Red Berries)	750.00	0.53	0.60	7.00	0.70	140.00	2.10	21.00	0.00	8.10	0.00	0.00	0.00
1	cup	Milk - skim, no fat	500.00	0.09	0.34	0.22	0.10	13.00	0.93	2.40	302.00	0.10	28.00	406.00	0.98
Totals:			1250.00	0.61	1.54	7.34	0.80	157.00	3.31	23.40	310.00	8.24	44.00	598.00	0.98
AM Snack															
0.5	ounce(s)	Almonds - Planters Dry Roasted	0.00	0.02	0.14	0.40	0.01	0.00	0.00	0.10	37.50	0.40	34.00	79.50	0.37
1	each	Apple - medium with peel	73.00	0.02	0.02	0.11	0.07	4.00	0.00	7.90	10.00	0.25	7.00	159.00	0.06
Totals:			73.00	0.03	0.16	0.51	0.08	4.00	0.00	8.00	47.50	0.65	41.00	238.50	0.43
Lunch															
5	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	large	Salad - lrg. garden w/tomato & onion	4724.00	0.16	0.12	1.58	0.24	0.00	0.00	48.60	19.00	1.18	30.00	596.00	0.28
1	1 patty	Veggie burgers, unprepared	0.00	4.98	0.17	2.63	0.21	0.00	1.41	3.15	95.20	1.69	39.20	233.10	0.88
1	slice	Whole Wheat Bread, Prepared, Toasted	0.00	0.11	0.09	1.66	0.08	23.94	0.00	0.00	15.00	1.43	37.38	144.90	0.69
Totals:			4724.00	5.25	0.38	5.86	0.54	23.94	1.41	51.75	129.20	4.30	106.58	974.00	1.85
PM Snack															
0.25	1 cup	Blueberries, raw	19.58	0.01	0.01	0.15	0.02	0.00	0.00	3.52	2.18	0.10	2.18	27.91	0.06
1	cup	Cottage Cheese - 1% fat	84.00	0.05	0.37	0.29	0.15	28.00	1.43	0.00	138.00	0.32	12.00	193.00	0.86
Totals:			103.58	0.06	0.38	0.44	0.17	28.00	1.43	3.52	140.17	0.42	14.17	220.91	0.92
Dinner															
1	cup	Asparagus, fresh - boiled	970.00	0.22	0.22	1.94	0.22	263.00	0.00	19.40	36.00	1.32	18.00	288.00	0.76
3	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6	ounce(s)	Chicken Breast / White Meat	6.00	0.00	0.00	3.00	0.12	0.00	0.12	0.36	0.00	0.18	6.00	66.00	0.24
2	small	Salad - sm. garden w/tomato, onion	4724.00	0.16	0.12	1.58	0.24	0.00	0.00	48.60	18.00	1.18	30.00	596.00	0.28
0.5	1 cup	Sweet potato, baked in skin, no salt	19218.00	0.11	0.11	1.49	0.29	0.00	0.00	19.60	38.00	0.69	27.00	475.00	0.32
Totals:			24918.00	0.49	0.45	8.01	0.87	263.00	0.12	87.96	92.00	3.37	81.00	1425.00	1.60
Evening Snack															
1	table spoon	Almond Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
4	each	Celery - raw stalk, trimmed	312.00	0.00	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	712.00	0.00
Totals:			312.00	0.00	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	712.00	0.00
Total for 01/15/2011:			31380.58	6.45	2.91	22.16	2.45	475.94	6.27	192.63	718.87	16.98	286.76	4168.41	5.78

**Meals for
01/16/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
1	cup	Egg Beaters - Fleischmann's	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00
0.25	1/2 cup	Skim Milk	0.00	0.00	0.04	0.00	0.00	0.00	0.13	0.00	38.75	0.00	0.00	41.25	0.00
0.5	1 cup pieces	Turkey bacon, cooked	0.00	0.02	0.10	1.45	0.13	0.00	0.15	0.00	3.69	0.87	11.89	161.95	1.24
Totals:			0.00	0.02	0.14	2.23	0.13	0.00	0.27	0.00	50.44	1.05	33.89	747.20	1.28
AM Snack															
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	0.00	0.38	0.43	5.01	0.50	94.20	1.50	6.00	99.90	4.50	60.00	232.20	3.75
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1260.00	0.00
Totals:			0.00	0.38	0.43	5.01	0.50	94.20	1.50	6.00	99.90	4.50	60.00	1492.20	3.75
Lunch															
2	1 slice	Bread, whole-wheat, commercially prepared	1.68	0.20	0.11	2.15	0.10	0.00	0.01	0.00	40.32	1.85	48.16	141.12	1.09
2	1 teaspoon or 1 packet	Mustard, prepared, yellow	13.20	0.01	0.00	0.05	0.01	0.00	0.00	0.29	8.00	0.19	3.80	15.10	0.06
1	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	3196.34	0.08	0.07	1.83	0.07	0.00	0.07	1.43	30.94	1.52	21.42	290.36	0.38
4	1 leaf	Spinach, raw	3750.80	0.03	0.08	0.29	0.08	0.00	0.00	11.24	39.60	1.08	31.60	223.20	0.21
1	1/2 cup	tomato, diced	560.70	0.05	0.04	0.57	0.07	13.50	0.00	17.19	4.00	0.41	9.90	199.80	0.08
4	ounce(s)	Turkey Breast / White Meat	0.00	0.04	0.08	4.80	0.40	4.00	0.28	0.00	12.00	1.12	20.00	192.00	1.44
Totals:			7522.72	0.40	0.38	9.67	0.73	17.50	0.36	30.15	134.86	6.17	134.88	1061.58	3.26
PM Snack															
0.25	1 cup	Blueberries, raw	19.58	0.01	0.01	0.15	0.02	0.00	0.00	3.52	2.18	0.10	2.18	27.91	0.06
1	cup	Cottage Cheese - 1% fat	84.00	0.05	0.37	0.29	0.15	28.00	1.43	0.00	138.00	0.32	12.00	193.00	0.86
Totals:			103.58	0.06	0.38	0.44	0.17	28.00	1.43	3.52	140.17	0.42	14.17	220.91	0.92
Dinner															
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	2057.12	0.10	0.15	0.84	0.24	0.00	0.00	73.78	60.72	1.12	23.92	261.28	0.52
0.5	cup	Brown Rice - cooked	0.00	0.09	0.02	1.50	0.14	4.00	0.00	0.00	11.50	0.41	42.00	42.00	0.62
6	ounce(s)	Chicken Breast / White Meat	6.00	0.00	0.00	3.00	0.12	0.00	0.12	0.36	0.00	0.18	6.00	66.00	0.24
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	110.00	0.00
Totals:			2063.12	0.19	0.17	5.34	0.50	4.00	0.12	74.14	72.22	1.71	71.92	479.28	1.38
Evening Snack															
2	1 cubic inch	Cheese, Cheddar or american, fat-free	469.44	0.02	0.15	0.07	0.03	0.00	0.36	0.00	220.48	0.09	11.52	92.16	1.09
2	1 oz	Snacks, pretzels, hard, whole-wheat	0.00	0.25	0.16	3.71	0.16	0.00	0.00	0.57	15.88	1.53	17.01	243.81	0.35
Totals:			469.44	0.27	0.32	3.77	0.18	0.00	0.36	0.57	236.36	1.61	28.53	335.97	1.45
Total for 01/16/2011:			10158.86	1.33	1.82	26.47	2.22	143.70	4.04	114.38	733.95	15.46	343.40	4337.14	12.03

**Meals for
01/17/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
4	each	Egg Whites - scrambled/boiled	0.00	0.00	0.60	0.12	0.00	4.00	0.28	0.00	8.00	0.04	16.00	192.00	0.00
1	cup	Kellogs Special K (Red Berries)	750.00	0.53	0.60	7.00	0.70	140.00	2.10	21.00	0.00	8.10	0.00	0.00	0.00
0.5	cup	Milk - skim, no fat	250.00	0.05	0.17	0.11	0.05	6.50	0.47	1.20	151.00	0.05	14.00	203.00	0.49
Totals:			1000.00	0.57	1.37	8.01	0.75	150.50	2.84	22.20	167.00	8.37	52.00	639.00	0.53
AM Snack															
1	each	Cheese, String Mozzarella, Low-Fat, Light, SARGENTO	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00	0.00
15	each	Grapes - American	360.00	0.30	0.15	1.05	0.45	0.00	0.00	15.00	45.00	1.05	15.00	690.00	0.15
Totals:			560.00	0.30	0.15	1.05	0.45	0.00	0.00	15.00	195.00	1.05	15.00	690.00	0.15
Lunch															
12	1 medium	Carrots, baby, raw	16548.00	0.04	0.04	0.67	0.13	0.00	0.00	10.08	38.40	1.07	12.00	284.40	0.20
3	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	table spoon	Relish - pickle	23.00	0.00	0.00	0.03	0.00	0.00	0.00	0.20	0.00	0.13	1.00	4.00	0.02
1	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	3196.34	0.08	0.07	1.83	0.07	0.00	0.07	1.43	30.94	1.52	21.42	290.36	0.38
5	ounce(s)	Tuna Solid White -Water Sm. can	115.00	0.00	0.05	8.20	0.60	5.00	3.10	0.00	5.00	0.85	50.00	400.00	0.65
Totals:			19882.34	0.11	0.16	10.72	0.80	5.00	3.17	11.71	74.34	3.57	84.42	978.76	1.25
PM Snack															
0.5	1 cup	Blueberries, raw	39.15	0.03	0.03	0.30	0.04	0.00	0.00	7.03	4.35	0.20	4.35	55.83	0.12
1	cup	Cottage Cheese - 1% fat	84.00	0.05	0.37	0.29	0.15	28.00	1.43	0.00	138.00	0.32	12.00	193.00	0.86
Totals:			123.15	0.08	0.40	0.59	0.19	28.00	1.43	7.03	142.35	0.52	16.35	248.83	0.98
Dinner															
1	cup	Asparagus, fresh - boiled	970.00	0.22	0.22	1.94	0.22	263.00	0.00	19.40	36.00	1.32	18.00	288.00	0.76
1.5	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1.5	3 oz	Pork, fresh, loin, tenderloin, lean only, broiled	8.93	1.26	0.49	6.55	0.67	0.00	1.28	1.28	6.38	1.82	45.90	575.03	3.76
1	small	Salad - sm. garden w/tomato, onion	2362.00	0.08	0.06	0.79	0.12	0.00	0.00	24.30	9.00	0.59	15.00	298.00	0.14
1	1 small	Sweet potato, baked in skin, no salt	11530.80	0.06	0.06	0.89	0.17	0.00	0.00	11.76	22.80	0.41	16.20	285.00	0.19
Totals:			14871.72	1.62	0.84	10.17	1.18	263.00	1.27	56.73	74.17	4.15	95.10	1446.03	4.85
Evening Snack															
4	each	Graham Crackers	0.00	0.06	0.09	1.15	0.02	16.80	0.00	0.00	7.00	1.04	8.40	37.80	0.23
1	table spoon	Peanut Butter, Jif Reduced Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Totals:			0.00	0.06	0.09	1.15	0.02	16.80	0.00	0.00	7.00	1.04	8.40	37.80	0.23
Total for 01/17/2011:			36437.21	2.75	3.00	31.70	3.39	463.30	8.72	112.68	659.87	18.71	271.27	4040.41	7.99

**Meals for
01/18/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
1	cup	Egg Beaters - Fleischmann's	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00
1	1 serving 2 links	Sausage, turkey, breakfast links, mild	0.00	0.04	0.10	2.06	0.21	0.00	0.24	17.02	17.92	0.60	14.00	110.32	1.19
1	1/2 cup	Skim Milk	0.00	0.00	0.15	0.00	0.00	0.00	0.50	0.00	155.00	0.00	0.00	165.00	0.00
Totals:			0.00	0.04	0.25	2.84	0.21	0.00	0.74	17.02	180.92	0.78	36.00	819.32	1.23
AM Snack															
1	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	0.00	0.38	0.43	5.01	0.50	94.20	1.50	6.00	99.90	4.50	60.00	232.20	3.75
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1260.00	0.00
Totals:			0.00	0.38	0.43	5.01	0.50	94.20	1.50	6.00	99.90	4.50	60.00	1492.20	3.75
Lunch															
2	1 slice	Bread, whole-wheat, commercially prepared	1.68	0.20	0.11	2.15	0.10	0.00	0.01	0.00	40.32	1.85	48.16	141.12	1.09
1.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
3	1 leaf	Spinach, raw	2813.10	0.02	0.06	0.22	0.06	0.00	0.00	8.43	29.70	0.81	23.70	167.40	0.16
1	1/2 cup	tomato, diced	560.70	0.05	0.04	0.57	0.07	13.50	0.00	17.19	4.00	0.41	9.90	199.80	0.08
6	ounce(s)	Turkey Breast / White Meat	0.00	0.06	0.12	7.20	0.60	6.00	0.42	0.00	18.00	1.68	30.00	288.00	2.16
1	cup	Vegetable soup - prepared, Cambell's Homestyle	3005.00	0.05	0.05	0.92	0.06	0.00	0.00	1.50	22.00	1.08	7.00	210.00	0.46
Totals:			6380.48	0.38	0.38	11.05	0.89	19.50	0.43	27.12	114.02	5.83	118.76	1006.32	3.95
PM Snack															
0.5	ounce(s)	Almonds - Planters Dry Roasted	0.00	0.02	0.14	0.40	0.01	0.00	0.00	0.10	37.50	0.40	34.00	79.50	0.37
30	each	Grapes - American	720.00	0.60	0.30	2.10	0.90	0.00	0.00	30.00	90.00	2.10	30.00	1380.00	0.30
Totals:			720.00	0.62	0.44	2.50	0.91	0.00	0.00	30.10	127.50	2.50	64.00	1459.50	0.67
Dinner															
1	1 cup	Beans, snap, green, frozen, boiled, drained no salt	751.95	0.05	0.12	0.52	0.08	0.00	0.00	5.54	66.15	1.19	32.40	170.10	0.65
6	ounce(s)	Chicken Breast / White Meat	6.00	0.00	0.00	3.00	0.12	0.00	0.12	0.36	0.00	0.18	6.00	66.00	0.24
2	1 tablespoon	Cream, sour, reduced fat, cultured	111.60	0.01	0.04	0.02	0.00	0.00	0.09	0.27	31.20	0.02	3.00	38.70	0.15
1	1 cup	Sweet potato, baked in skin, no salt	38436.00	0.21	0.21	2.97	0.57	0.00	0.00	39.20	76.00	1.38	54.00	950.00	0.64
Totals:			39305.55	0.27	0.38	6.51	0.78	0.00	0.21	45.37	173.35	2.77	95.40	1224.80	1.68
Evening Snack															
1	1 NLEA Serving	Gelatin desserts, JELL-O Brand Sugar Free Strawberry, ready-to-eat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.00	2.76	0.00
1	1 oz	Snacks, pretzels, hard, whole-wheat	0.00	0.12	0.08	1.85	0.08	0.00	0.00	0.28	7.94	0.76	8.51	121.91	0.18

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
		Totals:	0.00	0.12	0.08	1.85	0.08	0.00	0.00	0.28	7.94	0.79	8.51	124.66	0.18
		Total for 01/18/2011:	46406.03	1.81	1.95	29.76	3.37	113.70	2.88	125.89	703.63	17.16	382.67	6126.80	11.45

**Meals for
01/19/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
1	1 packet	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	1100.12	0.33	0.37	4.40	0.44	78.68	0.00	0.00	110.04	8.23	37.52	105.00	0.84
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
1	cup	Egg Beaters - Fleischmann's	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00
1	1/2 cup	Skim Milk	0.00	0.00	0.15	0.00	0.00	0.00	0.50	0.00	155.00	0.00	0.00	165.00	0.00
Totals:			1100.12	0.33	0.52	5.18	0.44	78.68	0.50	0.00	273.04	8.41	59.52	814.00	0.88
AM Snack															
1	table spoon	Almond Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	each	Apple - medium with peel	73.00	0.02	0.02	0.11	0.07	4.00	0.00	7.90	10.00	0.25	7.00	159.00	0.06
Totals:			73.00	0.02	0.02	0.11	0.07	4.00	0.00	7.90	10.00	0.25	7.00	159.00	0.06
Lunch															
1.5	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	large	Salad - lrg. garden w/tomato & onion	4724.00	0.16	0.12	1.58	0.24	0.00	0.00	48.60	19.00	1.18	30.00	596.00	0.28
6	ounce(s)	Turkey Breast / White Meat	0.00	0.06	0.12	7.20	0.60	6.00	0.42	0.00	18.00	1.68	30.00	288.00	2.16
Totals:			4724.00	0.22	0.24	8.78	0.84	6.00	0.42	48.60	37.00	2.86	60.00	884.00	2.44
PM Snack															
0.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	423.60	0.21	0.38	4.65	0.38	89.85	1.20	11.25	5.70	3.75	7.65	34.80	0.23
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1260.00	0.00
Totals:			423.60	0.21	0.38	4.65	0.38	89.85	1.20	11.25	5.70	3.75	7.65	1294.80	0.22
Dinner															
1	cup	Asparagus, fresh - boiled	970.00	0.22	0.22	1.94	0.22	263.00	0.00	19.40	36.00	1.32	18.00	288.00	0.76
3	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	74.80	0.47	0.83	17.13	1.60	0.00	5.19	0.00	25.50	1.75	62.90	1067.60	1.39
1	small	Salad - sm. garden w/tomato, onion	2362.00	0.08	0.06	0.79	0.12	0.00	0.00	24.30	9.00	0.59	15.00	298.00	0.14
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	165.00	0.00
Totals:			3406.80	0.77	1.11	19.86	1.94	263.00	5.18	43.70	70.50	3.66	95.90	1818.60	2.29
Evening Snack															
0.5	ounce(s)	Almonds - Planters Dry Roasted	0.00	0.02	0.14	0.40	0.01	0.00	0.00	0.10	37.50	0.40	34.00	79.50	0.37
5	each	Graham Crackers	0.00	0.08	0.11	1.44	0.02	21.00	0.00	0.00	8.75	1.31	10.50	47.25	0.28
Totals:			0.00	0.09	0.25	1.84	0.03	21.00	0.00	0.10	46.25	1.70	44.50	126.75	0.65
Total for 01/19/2011:			9727.52	1.64	2.51	40.43	3.70	462.53	7.30	111.55	442.49	20.64	274.57	5097.15	6.56

**Meals for
01/20/2011**

Qty	Measure	Description	A (I.U.)	Thi (mg)	Rib (mg)	Nia (mg)	B6 (Mg)	Fol (mcg)	B12 (mcg)	C (mg)	Calc (mg)	Iron (mg)	Mag (mg)	Pot (mg)	Zn (mg)
Breakfast															
1	each	Apple - medium with peel	73.00	0.02	0.02	0.11	0.07	0.00	0.00	7.90	10.00	0.25	7.00	159.00	0.06
2	ounce(s)	Coffee - w/caffeine	0.00	0.00	0.00	0.78	0.00	0.00	0.00	0.00	8.00	0.18	22.00	244.00	0.04
6	each	Egg Whites - scrambled/boiled	0.00	0.00	0.90	0.18	0.00	6.00	0.42	0.00	12.00	0.06	24.00	288.00	0.00
0.5	cup	Milk - skim, no fat	250.00	0.05	0.17	0.11	0.05	6.50	0.47	1.20	151.00	0.05	14.00	203.00	0.49
		Totals:	323.00	0.07	1.09	1.18	0.12	12.50	0.88	9.10	181.00	0.54	67.00	894.00	0.59
AM Snack															
1	1 cup, with pits, yields	Cherries, sour, red, raw	1321.49	0.03	0.04	0.41	0.05	0.00	0.00	10.30	16.48	0.33	9.27	178.19	0.10
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1260.00	0.00
		Totals:	1321.49	0.03	0.04	0.41	0.05	0.00	0.00	10.30	16.48	0.33	9.27	1438.19	0.10
Lunch															
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	2057.12	0.10	0.15	0.84	0.24	0.00	0.00	73.78	60.72	1.12	23.92	261.28	0.52
1	table spoon	Cocktail sauce - Del Monte	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	49.00	0.00
4	ounce(s)	Shrimp - boiled or steamed	248.00	0.04	0.04	2.80	0.16	4.00	1.68	2.52	44.00	3.52	40.00	208.00	1.76
2	cup	Vegetable soup - prepared, Cambell's Homestyle	6010.00	0.10	0.10	1.84	0.12	0.00	0.00	3.00	44.00	2.16	14.00	420.00	0.92
		Totals:	8315.12	0.24	0.29	5.48	0.52	4.00	1.68	79.30	148.72	6.80	77.92	938.28	3.20
PM Snack															
0.5	cup	Kellogs Special K (Red Berries)	375.00	0.26	0.30	3.50	0.35	70.00	1.05	10.50	0.00	4.05	0.00	0.00	0.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1260.00	0.00
		Totals:	375.00	0.26	0.30	3.50	0.35	70.00	1.05	10.50	0.00	4.05	0.00	1260.00	0.00
Dinner															
0.5	cup	Angel hair - wheat, cooked, Cremette	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53.50	0.00
3	table spoon	Balsamic Vinegar	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	1 tablespoon	Cheese, parmesan, grated	22.10	0.00	0.02	0.01	0.00	0.00	0.11	0.00	55.45	0.05	1.90	6.25	0.19
5	ounce(s)	Chicken Breast / White Meat	5.00	0.00	0.00	2.50	0.10	0.00	0.10	0.30	0.00	0.15	5.00	55.00	0.20
0.25	cup	Marinara sauce - Progresso 'Authentic'	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	110.00	0.00
1	medium	Salad - med. garden w/tomato, onion	3543.00	0.12	0.09	1.18	0.18	0.00	0.00	36.45	14.00	0.88	23.00	447.00	0.21
		Totals:	3570.10	0.12	0.11	3.69	0.28	0.00	0.21	36.75	69.45	1.08	29.90	671.75	0.60
Evening Snack															
1	table spoon	Almond Butter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
4	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	718.40	0.03	0.09	0.51	0.12	0.00	0.00	4.96	64.00	0.32	17.60	416.00	0.21
		Totals:	718.40	0.03	0.09	0.51	0.12	0.00	0.00	4.96	64.00	0.32	17.60	416.00	0.21
Total for 01/20/2011:			14623.11	0.75	1.92	14.77	1.44	86.50	3.83	150.91	479.65	13.12	201.69	5618.22	4.70