

Fortune Arterial NoDVDrar

CalorieKing Nutrition and Exercise Manager - Daily Goals

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Thursday, 9 Oct 2008

Item Calories Protein

Breakfast 272 27.0g

- 1.0 Protein of 100 Scrambled Potatoes 22 0.6
- 1.0 serving (1.0 cup) of Poly-O Cheese, Mozzarella, Fat-Free 35 7.0
- 1.0 serving (1.0 cup) of Dannon, Yoghurt, Light to No, Non-Fat 40 2.5
- 1.0 1/4 cup of Protein Powder 20 4.5
- 1.0 Ounce of Eggs, Chicken Egg, whole, hard-boiled 70 6.3
- 1.0 Ounce of Eggs, Chicken Egg, whole, hard-boiled 70 6.3

Morning snack:
Orange Juice

Lunch 449 40.0g

- 0.2 serving, 3 pieces (1.5 cup) of Tostitos, Doritos, Organic, Mission Salsa 24 0.2
- 0.0 Ounces (1.0 cup) of Milk, Cow, Fat-Free, Skim 91 8.7
- 1.0 Slice of Wagman's deli olive cheese 30 6.0
- 1.0 1/2 cup of Potatoes with corn 85 2.3
- 2.0 Protein of 100 Scrambled Potatoes 44 1.2
- 1.0 serving (1.0 cup) of Dannon, Yoghurt, Light to No, Non-Fat 40 2.5
- 1.0 tablespoon (0.5 cup) of Olive Oil 70 0.0
- 1.0 serving (1.0 cup) of Raisins, Seedless, day-old 106 20.1

Afternoon snack: 113 0.5g

- 1.0 Ounce, large, 1" dia (0.4 cup) of Caramel, Gumdrops 46 0.0
- 4.0 Bag of Ritz crackers, light 30 -
- 1.0 serving, 4 cookies (1.0 cup) of Wheatmen, Cookies, Sugar-Free, Wheat, Peanut Butter 38 0.5

Dinner 672 36.0g

- 1.0 serving, 3 cookies (1.0 cup) of Wheatmen, Cookies, Sugar-Free, Wheat, Chocolate 43 0.0
- 0.0 Ounces (1.0 cup) of Milk, Cow, Fat-Free, Skim 91 8.7
- 1.0 Slice of Wagman's deli olive cheese 30 6.0
- 1.0 serving (1.0 cup) of Poly-O Cheese, Mozzarella, Fat-Free 35 7.0
- 1.0 1/2 cup of Potatoes with corn 85 2.3
- 1.0 cup, whole wheat (0.5 cup) of Pasta, Spaghetti, Penne, Whole wheat, cooked 260 51.2
- 11.0 Teaspoon of Whipped cream, light 62 -

Calories

You have used up 100% out of your budget of 1300. No calories left today.

Calories	1300	1300 (0.0 g remaining)
Fat	170.0	170.0 (0.0 g remaining)
Protein	100.0	100.0 (0.0 g remaining)
Fiber	10.0	10.0 (0.0 g remaining)
Exercise	10.0	10.0 (0.0 min remaining)

Plan You've had 8 out of 6 glasses. Try to drink at least 6 glasses of fluid a day.

Foods | Exercise | Custom Foods | Custom Exercises | Saved Meals

1/4 glass

Search

Average All Brands:

- Fruit, Fresh: Grapes, Red or Green (European-type, such as Thompson's)
- Fruit, Fresh: Grapefruit, seed
- Fruit, Fresh: Grapes, American (seedless), two middle portions
- Fruit, Fresh: Grapes, American (seedless), one middle portion
- Fruit & Vegetable Juices: Grapefruit, pink or white, fresh
- Juices, Soft Drink: Orange Soda
- Jams: Concord Grape Jelly
- Fruit & Vegetable Juices: Orange-grapefruit, canned, unsweetened
- Fruit & Vegetable Juices: Orange, canned
- Fruit & Vegetable Juices: Cranberry-Grape, bottled
- Fruit & Vegetable Juices: Grapefruit, canned, unsweetened

Other Menu Sides:

- Sauces, Condiments: Grape Tomatoes

Seaweed Salad:

- Sauces: Mustard, Green Goddess

Peppercorn:

- Ice Cream Bars & Novelties: Peppercorn Cherry-Grape, multi-pack
- Ice Cream Bars & Novelties: Super Froy Peppercorn Cherry-Grape, multi-pack

Fruit:

- Breakfast Cereals: Ready To Eat Grape-Milk

T - Juices:

- Beverages: Blended, Fruit, Grape or Super Sour Watermelon

Sauces:

- Alcoholic: Sides, Cookies: Tiramisu V. Wild Grape (5% alc.)

Sauces:

- Jams, Sauces: Grape Jelly
- Kisses, Mints: Unsweetened, Peanut Butter & Grape Jelly Sandwich, large
- Kisses, Mints: Unsweetened, Peanut Butter & Grape Jelly Sandwich

Wagman's:

- Fruit & Vegetable Juices: 100% Red Grape
- Fruit & Vegetable Juices: 100% Concord Grape
- Fruit & Vegetable Juices: 100% White Grape
- Jams: Jelly, Concord Grape

Wagman's:

- Fruit, Canned: Green Specolates, Sodas (Stuffed Grape Leaves)

McDonald's:

- Breakfast: Components, Grape Jam

Sauces: Olive-In:

- Beverages: Famous Grahams, Grape

Wagman's:

- Vegetables: Packaged: Apples, Dishes, Stuffed Grape Leaves

Wagman's:

Fruit, Canned: Olives, small, ripe	
Calories	4.0 kcal
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Protein	0.0 g
Sodium	27.0 mg
Carbohydrate	0.2 g
Fiber	0.1 g
Sugar	0.0 g
Calcium	0.0 mg

per 1.00 small (0.14 oz) Add Marked as favorite

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. The first one is name of your watch. You can easily identify which watch you have with this the jeweler, which is usually attached at the bottom of the watchcase. The second one is your time of year. This is the first letter of your city or town. All cities have their own characteristic time of year. (Example - Paris has a time of year during the winter months when it gets colder. New York has a time of year during the summer months when it gets warmer.) Ooookaaay, time to discuss the design of the watch. You always need to think of the object you are designing, in this case a watch. How are you going to use the watch?

What is going to be displayed on the watch case? How will the user interact with the watch? Let's start with the design of the watch case. The watch case has to have 2 things, a dial, and a watch case. The dial is the time of the day and the watch case is where your hand is going to go to. What is in the dial? Your watch will have a movement, this movement is mechanical. The watch has a mechanism inside it that will keep time. So, you need to decide what to put in the watch case. You could put a watch face, you could put a watch band, or you could put both of those. I choose to put a watch face, but you could also do the

band. Here are some things you need to consider when choosing a watch band: 1) Does your family like it? This is very important, because if your family doesn't like it, then it won't be worn. 2) Is it long enough? This is also important because if it is too long, it will become difficult to wear. 3) Is it sturdy enough? This is very important because if it is too thin or too thin it will break easily. 4) Is it elastic? Most people prefer watches that are elastic, because if they don't fit well or are loose, they will get a rash on their wrists. 5) Is it shiny enough? This is important because if the watch is shiny, then it will look very expensive. 6) How do you like the material of the watch band? This is important because if you don't like the material of the watch band, then you may not be able to wear it. Now that you know what you want to put in the dial, you will need to decide what you

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