



# Client Diet Record Report

**First:**  
**Middle:**  
**Last:** Military Meals for 2011 FINAL\*  
**Company:**

**Identification Number:**  
**Date of Birth:**  
**Height:**                      **Weight:**

**Total Days:** 1  
**Total Foods:** 9  
**Avg. Daily Kcals:** 1081.745

**Diet Name:** MO18 Beef Stew Meal Kit

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Diet Fiber g	Chol mg	Sat Fat g	Trans Fat g
Day 1		1081.745	45.176	160.536	32.477	1297.667	13.858	70.000	8.723	0.000
Lunch		1081.745	45.176	160.536	32.477	1297.667	13.858	70.000	8.723	0.000
Juice Bowl Juice	8.000 fl. oz.	110.000	0.000	28.000		10.000				
TOOTSIE POP	1.000 item	60.000	0.000	15.000	0.000	0.000	0.000	0.000	0.000	0.000
Sun Meadow Beef Stew Hot Can 2011	15.000 oz.	400.000	32.000	32.000	18.000	840.000	4.000	70.000	7.000	
Whole Wheat Tortilla SS (2 per pack)	1.600 oz.	140.000	4.000	21.000	4.000	230.000	2.000	0.000	1.000	0.000
Applesauce, Unsweetened, Canned	0.500 c.	52.460	0.207	13.774	0.061	2.440	1.464	0.000	0.010	
Hot Sauce	0.125 t.	0.065	0.003	0.010	0.002	15.528	0.002	0.000	0.000	
Granola Berry Crunch	1.000 item	120.000	2.000	20.000	4.000	10.000	2.000			
KASHI TLC Chewy Trail Mix Granola Bar	1.000 item	140.000	6.000	20.000	5.000	105.000	4.000	0.000	0.500	0.000
Plain Graham Crackers	2.000 item	59.220	0.966	10.752	1.414	84.700	0.392	0.000	0.213	