NORTHGATE RACQUETBALL & HEALTH CLUB, INC.
A Division of Azer Rehab Systems, P.C. GALESBURG, IL

NORTHGATE'S LOOK Great In '08

Daily Nutrition Log

Item(s) consumed	Nutrition Information						
Breakfast	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Snack	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Lunch	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Snack	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Dinner	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Snack	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium
Total	Cals.	Fat	Carbs.	Sugar	Protein	Fiber	Sodium