

MyNetDiary My Food Report , 27.02.23 - 05.03.23

			Calories	Total Fat, g	Total Carbs, g	Protein, g	Trans Fat, g	Saturated Fat, g	Sodium, mg	Food Grade	Dietary Fiber, g	Calcium, %
Averages over the period			1,238	36	165	60		14	867		12	20
Calories percentages over the period				26%	54%	20%	0%	11%			0%	
FRIDAY, MAR 3			1,216	53	77	98		18	872		7	9
Day Calorie Percentages				41%	26%	33%						
Target			1,465 cals	57 g	165 g	73 g	0 g		2,300 mg		21 g	1,000 mg
Left			249	4	88	-25			1,428		14	91
Lunch			167	15	1	6		6	443			1
 Hot dog all beef	serving	52g	167	15	1	6		6	443			1
Dinner			685	31	7	86		8	415		6	4
 Chicken leg	3 leg,	342g	629	31		82		8	335			4
 Salad leaves	4 serving	320g	56		7	4			80		6	
Snacks			364	7	69	6		4	14		1	4
 Camomile herbal tea by no name	2 bag	2g							10			4
 Maria biscuits by cuetara	14 biscuit	854g	364	7	69	6		4			1	
 Water	5 fl oz	148g							4			
SATURDAY, MAR 4			1,410	29	221	62		13	1,070		18	37
Day Calorie Percentages				20%	63%	17%						
Target			1,465 cals	57 g	165 g	73 g	0 g		2,300 mg		21 g	1,000 mg
Left			55	28	-56	11			1,230		3	63
Lunch			598	17	69	38		7	983		8	29
 Chicken leg	1 leg,	114g	210	10		27		3	112			1
 White rice	1 cup	186g	242		53	4					1	1
 Tomato soup	0.5 cup	124g	105	7	9	2		4	320		3	2
 Spinach cooked boiled drained with salt	1 cup	180g	41		7	5			551		4	25
Dinner			448	5	83	18		2	77		9	5
 White rice	1 cup	186g	242		53	4					1	1
 Peas	0.5 cup	73g	59		10	4			4		4	2
 Beef ground	oz	28g	56	4		6		2	19			
 Carrots	1 ..	61g	25		6	1			42		2	2
 Corn	0.5 cup	77g	66	1	14	3			12		2	
Snacks			364	7	69	6		4	10		1	4
 Camomile herbal tea by no name	2 bag	2g							10			4
 Maria biscuits by cuetara	14 biscuit	854g	364	7	69	6		4			1	
SUNDAY, MAR 5			1,087	25	198	19		12	658		10	12
Day Calorie Percentages				20%	73%	7%						

Target			1,465 cals	57 g	165 g	73 g	0 g		2,300 mg		21 g	1,000 mg
Left			378	32	-33	54			1,642		11	88
Lunch			723	18	129	13		8	643		9	6
 White rice	2 cup	372g	484	1	106	9					1	1
 Tomato soup	1 cup	247g	210	15	18	3		8	640		6	4
 Pepper red or cayenne spice	5 tsp	9g	29	2	5	1			3		2	1
Dinner			364	7	69	6		4	15		1	6
 Maria biscuits by cuetara	14 biscuit	854g	364	7	69	6		4			1	
 Camomile herbal tea by no name	3 bag	3g							15			6