



Consumed Food	Consumed Amount	Grams or Amounts	Cals kcal	Fat g	Carbs g	Protein g	Cholesterol mg	Sodium mg	Fiber g	Calcium %
Breakfast	Same Recent Recipe		671	19	98	30	37	214	8	61
Oats	80 gram	80g	311	6	53	14	0	2	8	4
Milk	1.5 cups	366g	220	12	17	12	37	146	0	41
coffee brew	500 ml	479g	83	1	14	4	0	60	0	14
Sugars	15 gram	15g	57	0	15	0	0	6	0	1
Lunch	Same Recent Recipe		417	15	52	20	36	827	2	37
Lasagna	300 gram	300g	372	15	41	19	36	825		34
mandarin	medium (2-3/8" dia)	84g	45	0	11	1	0	2	2	3
Dinner	Same Recent Recipe		358	16	10	44	0	217	4	2
steak	200 gram	200g	310	16	0	42			0	
mixed vegetables	80 gram	80g	48	0	10	2	0	217	4	2
Snacks	Same Recent Recipe		531	22	46	43	5	277	6	21
yoghurt	container	170g	80	0	16	5	5	75	0	15
Apples	medium (2-3/4" dia) (approx 3)	138g	72	0	19	0	0	1	3	1
mixed nuts	35 gram	35g	212	19	8	6	0	131	2	5
bestpractice protein	scoops	41g	167	3	4	32		69		
Foods saved: 12	12 amounts		1976	71	207	137	78	1534	19	121
Remained in food plan:			1116	23	199	18		-34	11	-21
Calories ratio:				32%	41%	27%				