


Consumed Food	Consumed Amount	Grams or Amounts	Cals kcal	Fat g	Carbs g	Protein g	Fat g	Sat Fat g	Unsat Fat g	Unsat Fat g	terol mg	Sodium mg	Fiber g	um %
Breakfast	Same Recent Recipe		664	24	80	18	0	7	2	4	0	202	22	30
 classic cereal recipe	0.75 serving	405g	664	24	80	18	0	7	2	4	0	202	22	30
Lunch	Same Recent Recipe													
Dinner	Same Recent Recipe													
Snacks	Same Recent Recipe													
Click on white cell and enter the value														
Foods saved: 1	1 amount		664	24	80	18	0	7	2	4	0	202	22	30
Remained in food plan:			1336	36	180	87						1298	8	70
Calories ratio:				36%	52%	12%								