












# Ash MyNetDiary Summary for Mon, Mar 13

## MyNetDiary Ash Food Report

			Calories	Total Fat, g	Total Carbs, g	Protein, g	Trans Fat, g	Saturated Fat, g	Sodium, mg	Food Grade	Dietary Fiber, g	Calcium, %
MONDAY, MAR 13			2,090	87	209	126	1	22	1,699		24	78
Day Calorie Percentages				37%	39%	24%						
Target			2,742 cals	107 g	308 g	137 g	0 g		2,300 mg		38 g	1,000 mg
Left			652	20	99	11	-1		601		14	22
Breakfast			387	27	3	31		8	310			13
 Boiled egg	5 large	250g	387	27	3	31		8	310			13
Lunch			439	8	78	13		1	789		5	5
 White rice	cup	186g	242		53	4					1	1
 Red Lentil Soup or Dal	serving	205g	193	8	24	9		1	490		4	2
 Dill pickle	small	37g	4		1				299			2
Dinner			402	27	7	31		8	320			13
 Boiled egg	5 large	250g	387	27	3	31		8	310			13
 Multivites complete multivitamin gummy by vitafusion	2	2gmms	15		4				10			
Snacks			862	25	121	51	1	5	280		19	48
 Oatmeal	cup	234g	166	4	28	6		1	9		4	2
 Banana	2	236g	210	1	54	3			2		6	1
 Vanilla whey protein powder	2 oz	57g	234	5	23	28			64		9	35
 Tea with milk and sugar	1 cup	8floz	64	1	15	1			16			3
 Egg whole omelet	2 large	122g	188	14	1	13	1	4	189			6

## MyNetDiary Ash Measurements Report

Date	Weight, kg	Height, cm	BMR, cals	BMI
03/13/23	64.5	180	1640	19.9