

	Calories	Carbs	Carbs fiber	Carbs sugar	Fat	Fat saturated	Fat unsaturated	Cholesterol	Protein	Potassium	Sodium
Summary for 2025-07-31	3509	199	17.44	174.76	225.75	103.6	93.95	1.37	232.64	5.15	1.53
Summary for 2025-08-01	3888	257.14	20.77	215.16	227.46	95.35	94.6	1.33	241.31	5.43	1.56
Summary for 2025-08-02	3711	218.08	20.92	191.51	218.35	90.02	93.06	1.24	262.24	6.86	1.85
Summary for 2025-08-03	3633	250.81	18.08	227.57	205	84.25	105.13	1.16	261.91	5.76	1.56
Summary for 2025-08-04	3440	232.42	19.34	209.75	200.13	81.14	34.99	1.18	257.08	6.15	1.83
Summary for 2025-08-05	3511	231.36	20.49	206.12	215.22	93.32	103.08	1.16	254.39	6.3	1.79
Summary for 2025-08-06	3432	252.31	8.42	232.7	191.2	76.64	99.44	1.22	257.12	5.34	1.17
Average for the period	3589	234.45	17.92	208.23	211.87	89.19	89.18	1.24	252.38	5.85	1.61
User target nutrients	3500	25			45				30		

To calculate your average daily intake of calories and macronutrients, your total intake is divided by the number of days you logged at least one meal.

Date	Meal type	Title	Amount	Serving	Amount in grams	Calories	Carbs	Carbs fiber	Carbs sugar	Fat	Fat saturated	Fat unsaturated	Cholesterol	Protein	Potassium	Sodium
2025-07-31	breakfast	Smoothie	1	serving	750	218	51.3	11.55	34.05	1.8	0.45	0.15	0	3	1.47	0.48
2025-07-31	breakfast	Butter and Honey	1	serving	72	343	34.65	0.06	34.53	24.3	15.3	9	0.06	0.39	0.02	0
2025-07-31	breakfast	Honey	1	serving	31	94	25.55	0.04	25.46	0	0	0	0	0.09	0.02	0
2025-07-31	breakfast	Eggs and Beef Mince	1	serving	350	714	1.05	0	0.6	54.25	20.95	22	0.7	70.75	0.83	0.26
2025-07-31	lunch	Honey and Butter	1	serving	41	207	17.33	0.03	17.27	16.2	10.2	6	0.04	0.24	0.01	0
2025-07-31	lunch	Lamb Forequarter Chops	1.5	serving	225	562	0	0	0	45	20.25	22.5	0.19	56.25	0.58	0.16
2025-07-31	dinner	Lamb Chops	1	serving	300	846	0	0	0	63	27	24	0.29	75	0.87	0.25
2025-07-31	dinner	Lamb Chop	1	serving	100	250	0	0	0	20	9	10	0.08	25	0.32	0.08
2025-07-31	snack	Coconut Water with Mango and Honey	1	serving	492	275	69.12	5.76	62.85	1.2	0.45	0.3	0	1.92	1.02	0.32
2025-08-01	breakfast	Coconut Water and Mango	1	serving	450	147	34.5	5.7	28.35	1.2	0.45	0.3	0	1.8	1	0.32
2025-08-01	breakfast	Honey with Butter	1	serving	93	407	51.94	0.13	51.75	24.3	15.3	9	0.06	0.46	0.04	0
2025-08-01	breakfast	Lamb Mince with Eggs	1	serving	500	1090	1.5	0	0	85	36	41	0.84	107	1.2	0.37
2025-08-01	breakfast	Strawberries with Honey and Coconut Water	1	serving	335	183	45.94	4.72	39.98	0.75	0.15	0.15	0	1.45	0.62	0.16
2025-08-01	lunch	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-01	lunch	Lamb Chops	1	serving	200	564	0	0	0	42	18	16	0.19	50	0.58	0.16
2025-08-01	dinner	Baileys	1	serving	80	262	16	0.8	0	12.56	0	0	0	2.56	0	0
2025-08-01	dinner	Lamb Mince	1	serving	100	250	0	0	0	20	9	10	0.08	25	0.29	0.08
2025-08-01	dinner	Lamb Chops	1	serving	200	564	0	0	0	40	16	18	0.15	50	0.54	0.15
2025-08-01	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-01	snack	Fruit Smoothie	1	serving	621	295	72.65	9.34	60.59	1.65	0.45	0.15	0	2.91	1.13	0.32
2025-08-02	breakfast	Coconut Water with Strawberries and Honey	1	serving	492	233	57.26	6.38	49.66	1.04	0.3	0.31	0	1.77	1	0.32
2025-08-02	breakfast	Honey and Ghee	1	serving	52	218	34.61	0.08	34.5	10	6.2	2.8	0.03	0.11	0.02	0

2025-08-02	breakfast	Beef Mince and Jumbo Eggs	1	serving	486	1069	1.5	0	1.5	82.92	32.22	36.94	0.75	108.14	1.28	0.36
2025-08-02	lunch	Fruity Coconut Drink with Honey	1	serving	737.5	322	79.01	11.07	63.56	1.69	0	0.61	0	5.01	1.79	0.42
2025-08-02	lunch	Forequarter Lamb Chops	1	serving	300	846	0	0	0	60	24	27	0.23	75	0.81	0.23
2025-08-02	dinner	Coconut Water	1	serving	300	57	11.1	3.3	7.8	0.6	0	0	0	2.1	1.07	0.32
2025-08-02	dinner	Beef mince and lamb chops	1	serving	280	748	0	0	0	52.1	21.1	22.6	0.22	70	0.86	0.21
2025-08-02	snack	Honey and Ghee	1	serving	31	154	17.3	0.04	17.25	10	6.2	2.8	0.03	0.06	0.01	0
2025-08-02	snack	Honey	1	serving	21	64	17.3	0.04	17.25	0	0	0	0	0.06	0.01	0
2025-08-03	breakfast	Ghee and Honey	1	serving	78	327	51.93	0.09	51.75	14.92	9.3	4.35	0.04	0.26	0.03	0
2025-08-03	lunch	Coconut Water with Mango and Honey	1	serving	471	211	50.91	5.73	45.6	1.2	0.45	0.45	0	2.76	1.01	0.32
2025-08-03	lunch	Honey	1	serving	21	64	17.31	0.03	17.25	0	0	0	0	0.06	0.01	0
2025-08-03	lunch	Beef Mince and Eggs	1	serving	550	1268	1	0	0	100	39	53.5	0.69	129	1.56	0.41
2025-08-03	lunch	Fruit and Coconut Water Mix	1	serving	852.5	387	95.04	12.17	78.47	1.87	0.5	0.83	0	4.72	1.62	0.53
2025-08-03	lunch	Lamb Forequarter Chops	1	serving	200	500	0	0	0	36	14	22	0.16	50	0.6	0.12
2025-08-03	dinner	Lamb Chops	1	serving	300	750	0	0	0	51	21	24	0.27	75	0.9	0.18
2025-08-03	snack	Honey	1	serving	42	128	34.62	0.06	34.5	0	0	0	0	0.12	0.02	0
2025-08-04	breakfast	Coconut Water with Honey and Butter	1	serving	450	269	47.77	4.48	43.24	8.9	5.5	2.5	0.02	2.21	1.02	0.42
2025-08-04	breakfast	Beef Mince with Eggs	1	serving	586	1319	1.36	0	0	103.6	40.08	5.44	0.82	133.32	1.6	0.43
2025-08-04	breakfast	Fruit Salad with Coconut Water	1	serving	688	358	89.14	9.33	76.97	1.48	0.4	0.48	0	3.76	1.32	0.42
2025-08-04	lunch	Lamb Forequarter Chops	1	serving	250	625	0	0	0	45	18.75	26.25	0.2	62.5	0.62	0.14
2025-08-04	lunch	Mango Coconut Water with Honey	1	serving	457	274	68.61	5.47	64.08	1.16	0.42	0.33	0	3.2	0.92	0.27
2025-08-04	lunch	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-04	dinner	Beef Mince	1	serving	200	500	0	0	0	40	16	0	0.14	52	0.64	0.15
2025-08-04	snack	Honey	1	serving	10	30	8.24	0.02	8.21	0	0	0	0	0.03	0.01	0
2025-08-05	breakfast	Honey	1	serving	21	64	17.31	0.03	17.25	0	0	0	0	0.06	0.01	0
2025-08-05	breakfast	Beef Mince with Eggs	1	serving	1130	1192	73.53	11.03	57.79	71.17	30.67	31.48	0.64	95.62	2.48	0.7
2025-08-05	breakfast	Coconut Water	1	serving	350	66	12.95	3.85	9.1	0.7	0.35	0	0	2.45	0.88	0.37
2025-08-05	breakfast	Honey and Butter Mix	1	serving	57	235	34.63	0.06	34.5	12.15	7.65	4.35	0.03	0.26	0.03	0
2025-08-05	lunch	Lamb Forequarter Chops	1	serving	200	500	0	0	0	40	16	24	0.18	50	0.6	0.12
2025-08-05	lunch	Mango Coconut Drink	1	serving	471	208	50.91	5.43	45.6	1.2	0.45	0.45	0	1.86	1.01	0.32
2025-08-05	dinner	Honey	1	serving	21	64	17.31	0.03	17.25	0	0	0	0	0.06	0.01	0
2025-08-05	dinner	Beef Mince	1	serving	400	1000	0	0	0	80	32	40	0.28	104	1.27	0.28
2025-08-05	snack	Ghee and Honey	1	serving	40	181	24.72	0.06	24.63	10	6.2	2.8	0.03	0.09	0.02	0
2025-08-06	breakfast	Strawberries with Coconut Water and Honey	1	serving	613	316	78.26	7.13	69.47	1.25	0.4	0	0	4.04	1.26	0.42

2025-08-06	breakfast	Pure Orange Juice	1	serving	500	225	52	1	42	1	0	0	0	3.5	1	0.01
2025-08-06	breakfast	Breakfast with Eggs	1	serving	136	194	0.92	0	0.54	12.95	4.24	5.44	0.51	17.14	0.17	0.08
2025-08-06	breakfast	Beef Mince	1	serving	300	750	0	0	0	60	24	30	0.21	78	0.95	0.21
2025-08-06	lunch	Honey	1	serving	84	255	69.22	0.17	68.96	0	0	0	0	0.25	0.04	0
2025-08-06	lunch	2 Lamb Forequarter Chops	1	serving	200	500	0	0	0	36	16	20	0.18	50	0.6	0.14
2025-08-06	dinner	Beef Mince	1	serving	400	1000	0	0	0	80	32	44	0.32	104	1.27	0.3
2025-08-06	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-06	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-06	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0