

	Calories	Carbs	Carbs fiber	Carbs sugar	Fat	Fat saturated	Fat unsaturated	Cholesterol	Protein	Potassium	Sodium
Summary for 2025-07-28	2663	174.98	6.46	168.44	146.3	70.2	70	0.62	162.01	1.6	0.67
Summary for 2025-07-29	3218	218.25	12.71	200.64	172.08	71.9	67.31	1.68	229.68	3.46	1.31
Average for the period	2941	196.61	9.58	184.54	159.19	71.05	68.66	1.15	195.85	2.53	0.99
User target nutrients	3000	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
2025-07-28	breakfast	Breakfast with Honey	1	serving	63	192	51.9	0.12	51.72	0	0	0	0	0.18	0.03	0
2025-07-28	breakfast	Butter	1	serving	30	215	0.03	0	0.03	24.3	15.3	9	0.06	0.27	0.01	0
2025-07-28	lunch	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-07-28	lunch	Lamb Chops	1	serving	120	338	0	0	0	24	10.8	12	0.12	30	0.31	0.09
2025-07-28	lunch	Cooked Lamb Chops	1	serving	140	395	0	0	0	28	12.6	14	0.14	35	0.36	0.11
2025-07-28	dinner	Cooked Lamb Chop	1	serving	100	282	0	0	0	20	9	10	0.09	25	0.25	0.06
2025-07-28	dinner	Lamb Chop	1	serving	100	282	0	0	0	20	9	10	0.09	25	0.25	0.06
2025-07-28	dinner	PreWork Smoothie	1	Container	450	472	105.75	6.3	99.45	0	0	0	0	9	0	0.27
2025-07-28	dinner	Cooked Lamb Chop	1	serving	150	423	0	0	0	30	13.5	15	0.13	37.5	0.38	0.09
2025-07-29	breakfast	PreWork Smoothie	1	Container	450	472	105.75	6.3	99.45	0	0	0	0	9	0	0.27
2025-07-29	breakfast	Scrambled Eggs with Beef Mince	1	serving	400	840	1.05	0	0.6	64.25	24.65	13.65	0.76	83.9	1.01	0.36
2025-07-29	lunch	Lamb Curry	1	serving	150	375	0	0	0	25.5	10.5	15	0.14	37.5	0.41	0.11
2025-07-29	lunch	Orange Juice With Pulp	1	serving	250	108	25	1	19	1	1	0	0	2	0	0.01
2025-07-29	dinner	Cooked Beef Mince	1	serving	300	750	0	0	0	51	21	27	0.24	78	0.95	0.21
2025-07-29	dinner	2 large eggs	1	serving	136	194	0.91	0	0.54	12.97	4.17	5.44	0.51	17.14	0.17	0.1
2025-07-29	dinner	Honey	1	serving	63	192	51.91	0.13	51.7	0	0	0	0	0.17	0.03	0
2025-07-29	snack	Mango Coconut Smoothie	1	serving	425	288	33.63	5.28	29.34	17.36	10.58	6.22	0.04	1.98	0.88	0.25