	Calories	Carbs	Carbs fiber	Carbs sugar	Fat	Fat saturated	Fat unsaturated	Cholesterol	Protein	Potassium	Sodium
Summary for 2025-07-30	3188	222.5	12.31	195.6	183.36	80.9	85.05	1.25	221.09	3.82	1.23
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
Average for the period	3554	230.19	18.48	202.92	210.75	89.8	87.12	1.24	247.24	5.64	1.62
							·				
User target nutrients	3200	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
2025-07-30	breakfast	PreWork Smoothie	1	Container	450	472	105.75	6.3	99.45	0	0	0	0	9	0	0.27
2025-07-30	breakfast	Honey and Butter	1	serving	52	241	26.39	0.06	26.29	16.2	10.2	0.6	0.04	0.27	0.02	0
2025-07-30	breakfast	Mince and Eggs Meal	1	serving	400	840	1	0	0.6	64.3	24.6	36	0.77	81.4	0.83	0.29
2025-07-30	lunch	Lamb Chop	1	serving	260	650	0	0	0	52	23.4	20.8	0.23	65	0.86	0.21
2025-07-30	dinner	Coconut water	1	serving	300	114	27	0.6	13.5	0	0	0	0	0.3	0.61	0.06
2025-07-30	dinner	Lamb Chops	1	serving	250	625	0	0	0	50	22.5	27.5	0.2	62.5	0.75	0.19
2025-07-30	dinner	Smoothie	1	serving	404.5	246	62.36	5.35	55.75	0.86	0.2	0.15	0	2.62	0.76	0.21
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	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	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	breakfast	Honey	1	serving	31	94	25.55	0.04	25.46	0	0	0	0	0.09	0.02	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	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	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	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	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	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	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	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	Lamb Chops	1	serving	200	564	0	0	0	40	16	18	0.15	50	0.54	0.15

2025-08-02 breakfast Comuli Water with 1 Serving 621 295 2265 3.4 0.59 1.65 0.45 0.15 0 0.291 1.13 0.32 2025-08-02 breakfast Comuli Water with 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.31 0 1.77 1 0.32 2025-08-02 breakfast Comuli Water with 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.31 0 1.77 1 0.32 2025-08-02 breakfast Beef Mince and Jumbe Eggs 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.31 0 0 1.77 1 0.32 2025-08-02 breakfast Beef Mince and Jumbe Eggs 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.3 0.31 0 0 1.77 1 0.32 2025-08-02 breakfast Beef Mince and Jumbe Eggs 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.3 0.31 0 0 0.3 0.3 2025-08-02 breakfast Beef Mince and Jumbe Eggs 1 Serving 492 233 57.6 6.38 49.6 1.04 0.3 0.3 0.3 0.3 0.3 0.3 0.1 0.02 0.3 2025-08-02 breakfast Beef Mince and Jumbe Eggs 1 Serving 300 846 0.0 0 0.5 0.5 0.2 2.2 2.8 0.3 0	2025-08-01	dinner	Baileys	1	serving	80	262	16	0.8	0	12.56	0	0	0	2.56	0	0
2025-08-02 Decakfast Honey Serving S	2025-08-01	dinner	Lamb Mince	1	serving	100	250	0	0	0	20	9	10	0.08	25	0.29	0.08
December	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 Inch	2025-08-01	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-02 Inch																	
2025-08-02 breakfast Decel Mince and Jumbo Eggs 1 Serving 300 846 1069 1.5 0.0 1.5 8.292 32.22 36.94 0.75 108.14 1.28 0.36 2025-08-02 Unch Fruity Coconut Drink with 1 Serving 300 846 0 0 0 0 60 24 27 0.23 75 0.81 0.23 2025-08-02 Unch Fruity Coconut Water 1 Serving 300 37 3.22 79.01 1.07 3.35 0.61 0 0 0 0 0 1.79 0.42 2025-08-02 Unch Giner Goconut Water 1 Serving 300 57 11.1 3.3 7.8 0.6 0 0 0 0 0 2.1 1.07 0.32 2025-08-02 Unch Fruity Coconut Water 1 Serving 300 57 11.1 3.3 7.8 0.6 0 0 0 0 0 2.1 1.07 0.32 2025-08-02 Serie Seri	2025-08-02	breakfast		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 lunch Frequenter Lamb Chops I serving 300 846 0 0 0 0 0 0 0 24 27 0.23 75 0.81 0.23 2025-08-02 lunch Frulty Coconut Drink with 1 serving 737.5 322 79.01 11.07 63.56 1.69 0 0.61 0 0 5.01 1.79 0.42 2025-08-02 dinner Coconut Water Will 1 serving 300 57 11.1 3.3 7.8 0.6 0 0 0 0 2.11 10.70 0.32 2025-08-02 dinner Coconut Water Will 1 serving 31 154 17.3 0.04 17.25 10 6.2 2.8 0.03 0.66 0.01 0 0 2.25 70 0.66 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 0.66 0.01 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	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
Number Particle	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 dinner Serving 1 Serving 30 57 1.11 3.3 7.8 0.6 0 0 0 0 2.1 1.07 0.32 2025-08-02 dinner Serving 30 57 1.11 3.3 7.8 0.6 0 0 0 0 2.1 1.07 0.32 2025-08-02 snack Honey and Ghee 1 Serving 31 1.54 1.73 0.04 17.25 0 6.2 2.8 0.03 0.06 0.01 0 2025-08-02 snack Honey and Ghee 1 Serving 31 1.54 1.73 0.04 17.25 0 6.2 2.8 0.03 0.06 0.01 0 2025-08-03 snack Honey 1 Serving 21 64 17.3 0.04 17.25 0 0 0 0 0 0.06 0.01 0 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 Serving Serv	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 Beef mince and lamb chops 1 serving 280 748 0 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 0.025-08-02 snack Honey and Ghee 1 serving 21 64 17.3 0.04 17.25 10 6.2 2.8 0.03 0.06 0.01 0 0.025-08-02 snack Honey and Ghee 1 serving 21 64 17.3 0.04 17.25 0 0 0 0 0 0 0.06 0.01 0 0.025-08-02 snack Honey and Ghee 1 serving 21 64 17.3 0.04 17.25 0 0 0 0 0 0 0.06 0.01 0 0.05 0 0.01 0 0.05 0 0.05 0 0.05 0 0 0 0 0 0.05 0 0.01 0 0.05 0 0.01 0 0.05 0 0.05 0 0 0 0 0 0.05 0 0.01 0 0.05 0 0.05 0 0 0 0 0 0.05 0 0.01 0 0.05 0 0.05 0 0 0 0 0 0.05 0 0.05 0 0 0 0	2025-08-02	lunch	1	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 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 2025-08-03 snack Honey 1 serving 21 64 17.3 0.04 17.25 0 0 0 0 0 0 0.06 0.01 0 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 Beef Mince and Eggs 1 serving 550 1268 1 0 0 0 0 0 0 0 0 0 0 0.06 0.01 0 2025-08-03 lunch Honey 1 serving 550 1268 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	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
2025-08-03 breakfast Ghee and Honey	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
2025-08-03 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 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 0 36 14 22 0.16 50 0.6 0.12 2025-08-03 lunch Beef Mince and Eggs 1 serving 550 1268 1 0 0 0 100 39 53.5 0.69 129 1.56 0.41 2025-08-03 lunch Honey 1 serving 21 64 17.31 0.03 17.25 0 0 0 0 0 0.06 0.01 0.02 2025-08-03 lunch 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 42 128 34.62 0.06 34.5 0 0 0 0 0 0.02 0.06 0.01 0.02 2025-08-04 breakfast Fruit Salad with Coconut Water with Honey 1 serving 42 128 34.62 0.06 34.5 0 0 0 0 0 0.01 0.02 0.02 2025-08-04 breakfast Seef Mince with Eggs 1 serving 586 1319 1.36 0 0 0 103.6 40.08 5.44 0.82 133.32 1.6 0.43 2025-08-04 lunch Lamb Forequarter Chops 1 serving 457 274 68.61 5.47 64.08 1.16 0.42 0.33 0 3.76 0.32 0.25 2025-08-04 lunch Lamb Forequarter with Honey 1 serving 200 500 0 0 0 0 0 0 0 0.22 0.21 1.02 0.42 2025-08-04 lunch Lamb Forequarter with Honey 1 serving 250 625 0 0 0 0 0 0 0 0 0 0 0 0.22 0.21 1.02 0.42 2025-08-04 lunch Honey 1 serving 250 625 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0.06 0.01 0.02 2025-08-04 lunch Honey 1 serving 250 625 0 0 0 0 0 45 18.75 26.25 0.2 62.5 0.62 0.14 2025-08-04 lunch Honey 1 serving 250 625 0 0 0 0 0 0 0 0 0 0 0 0 0.06 0.01 0 0 0.02 2025-08-04 lunch Honey 1 serving 250 625 0 0 0 0 0 45 18.75 26.25 0.2 62.5 0.62 0.14 2025-08-04 lunch Honey 1 serving 250 625 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	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
2025-08-03 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 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 Honey 1 serving 21 64 17.31 0.03 17.25 0 0 0 0 0 0.06 0.01 2025-08-03 lunch Coconut Water with Mango 1 serving 347 211 50.91 57.3 45.6 1.2 0.45 0.45 0.45 0.45 0.27 75 0.9 0.18 2025-08-03 dinner Lamb Chops 1 serving 300 750 0 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 0 0.12 0.02 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 Beef Mince with Eggs 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 unch Lamb Forequarter Chops 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 unch Honey 1 serving 200 500 0 0 0 0 0 0 0 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 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 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 Honey 1 serving 21 64 17.31 0.03 17.25 0 0 0 0 0 0.06 0.01 2025-08-03 lunch Coconut Water with Mango 1 serving 347 211 50.91 57.3 45.6 1.2 0.45 0.45 0.45 0.45 0.27 75 0.9 0.18 2025-08-03 dinner Lamb Chops 1 serving 300 750 0 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 0 0.12 0.02 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 Beef Mince with Eggs 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 unch Lamb Forequarter Chops 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 unch Honey 1 serving 200 500 0 0 0 0 0 0 0 0																	
2025-08-03 lunch Lamb Forequarter Chops 1 serving 200 500 0 0 0 0 36 14 22 0.16 50 0.6 0.12 2025-08-03 lunch Beef Mince and Eggs 1 serving 21 64 17.31 0.03 17.25 0 0 0 0 0 0 0.06 0.01 0 0 0.05 0.01 0 0 0.05 0.01 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 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 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 Honey 1 serving 21 64 17.31 0.03 17.25 0 0 0 0 0 0 0.06 0.01 0 0 0.225-08-03 lunch Honey 1 serving 471 211 50.91 5.73 45.6 1.2 0.45 0.45 0.45 0 2.76 1.01 0.32 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 0 0 0.12 0.02 0 0 0 0 0 0.25 0.02 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	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 Honey	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 lunch	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 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 0 0.12 0.02 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2025-08-03	lunch	Honey	1	serving	21	64	17.31	0.03	17.25	0	0	0	0	0.06	0.01	0
2025-08-04 breakfast Coconut Water with Honey 1 serving 45 274 68.61 5.47 64.08 1.16 0.42 0.33 0 3.2 0.92 0.27 0.25-08-04 lunch Honey 1 serving 21 64 17.3 0.04 17.24 0 0 0 0 0 0 0 0.06 0.01 0 0 0.02 0.02 0.02 0.02 0.02 0.02	2025-08-03	lunch		1	serving	471	211	50.91	5.73	45.6	1.2	0.45	0.45	0	2.76	1.01	0.32
2025-08-04 breakfast Fruit Salad with Coconut Water with Honey and Butter with Honey 1 serving 21 64 17.3 0.04 17.24 0 0 0 0.014 52 0.64 0.15 0.2025-08-04 lunch Honey 1 serving 200 500 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2025-08-03	dinner	Lamb Chops	1	serving	300	750	0	0	0	51	21	24	0.27	75	0.9	0.18
Decision of Preakfast Water	2025-08-03	snack	Honey	1	serving	42	128	34.62	0.06	34.5	0	0	0	0	0.12	0.02	0
Decision of Preakfast Water																	
2025-08-04 breakfast Coconut Water with Honey and Butter	2025-08-04	breakfast		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 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 21 64 17.3 0.04 17.24 0 0 0 0 0.04 0.06 0.01 0 2025-08-04 dinner Beef Mince 1 serving 200 500 0 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 0 0.03 0.01 0 2025-08-05 breakfast Coconut Water 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 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	2025-08-04	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 lunch	2025-08-04	breakfast		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 lunch 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 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 0 0.03 0.01 0 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 0.20 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	2025-08-04	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 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 0 0.03 0.01 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2025-08-04	lunch	3	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 snack Honey 1 serving 10 30 8.24 0.02 8.21 0 0 0 0 0 0 0.03 0.01 0 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 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	2025-08-04	lunch	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-04 snack Honey 1 serving 10 30 8.24 0.02 8.21 0 0 0 0 0 0 0.03 0.01 0 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 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	2025-08-04	dinner	Beef Mince	1	serving	200	500	0	0	0	40	16	0	0.14	52	0.64	0.15
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 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	2025-08-04	snack	Honey	1	serving			8.24		8.21	0		0	0		0.01	0
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 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			L		1	1	ı		1	1	•	ı	<u> </u>	· ·		ı	
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 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	Honey	1	serving	21	64	17.31	0.03	17.25	0	0	0	0	0.06	0.01	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