

	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

2025-08-01	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	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
2025-08-01	snack	Honey	1	serving	21	64	17.3	0.04	17.24	0	0	0	0	0.06	0.01	0
2025-08-02	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	Forequarter Lamb Chops	1	serving	300	846	0	0	0	60	24	27	0.23	75	0.81	0.23
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	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	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	0.06	0.01	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	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	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	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	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	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	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
2025-08-05	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