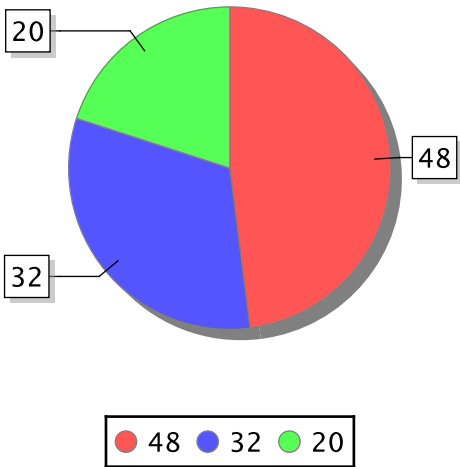


Nutrition Trakcer

John
DOB: 07/09/2020
Age: 20

Nutrient ▲	Total	Goal	Left
Protein	62	83	145g
Protein	62	83	145g
Protein	62	83	145g
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Report Generated on : 3 08, 2024



Nutrient ▲	Total	Goal	Left
Protein	62	83	145g
Protein	62	83	145g
Protein	62	83	145g
Protein	62	83	145g
Protein	62	83	145g

FoodName	Meal Time	Fat	Protein	Carbohydrate	Total Calories
banana	breakfast	22	3	13	262
avocado	brakfast	8	8	12	152
milk	breakfast	8	8	12	152
chicken	lunch	2	26	0	122
rice	lunch	0	26	25	204
egg	breakfast	5	6	0	69
potato	lunch	5	4	37	209
oats	dinner	5	13	51	301
	Calories	220	376	600	1471

