

Nutrition Report for yuvaa

Generated on: December 31, 2024

Daily Goals

Nutrient	Goal Amount
Calories	2000 kcal
Proteins	100.0 g
Carbs	100.0 g
Fats	80.0 g
Total Goals	2280.00 g

Consumed Goals

Nutrient	Consumed Amount
Calories	20099.14 kcal
Proteins	311.14 g
Carbs	1689.12 g
Fats	1381.45 g
Total Consumed	23480.85 g

Recent Food Entries

Date	Food Name	Calories	Proteins	Carbs	Fats
2024-12-31 10:01	kakinada khaja	120.6 kcal	4.6 g	14.2 g	4.9 g

2024-12-30 21:40	dum aloo	682.3 kcal	0.7 g	3.3 g	74.0 g
2024-12-27 19:39	biryani	289.8 kcal	18.3 g	20.0 g	22.2 g
2024-12-27 19:24	biryani	289.8 kcal	18.3 g	20.0 g	22.2 g
2024-12-27 18:54	modak	198.3 kcal	0.3 g	52.0 g	0.1 g