

Hi, I ate 2 bananas and a ceasar sallad. Please add my meal to today's calories.

Here is the nutritional breakdown based on standard serving sizes:

Breakdown

- **2 Bananas (Medium):** ~210 kcal (105 kcal each)
- **1 Caesar Salad:** ~450 kcal (Estimated for a standard portion with dressing and croutons, no added protein)

Total Added: 210 + 450 = 660 kcal

Note: Calorie counts for salads can vary significantly depending on the amount of dressing used or if protein (like chicken) was included.

✔ **Calorie Count** habit updated.



Chat with agent

