

Welcome, sant BMI: 19.5

Daily Calories  
988 kcal

Update Profile  
Log Out

Add Meal

Meal Type  
Breakfast

Weight (in grams)  
100

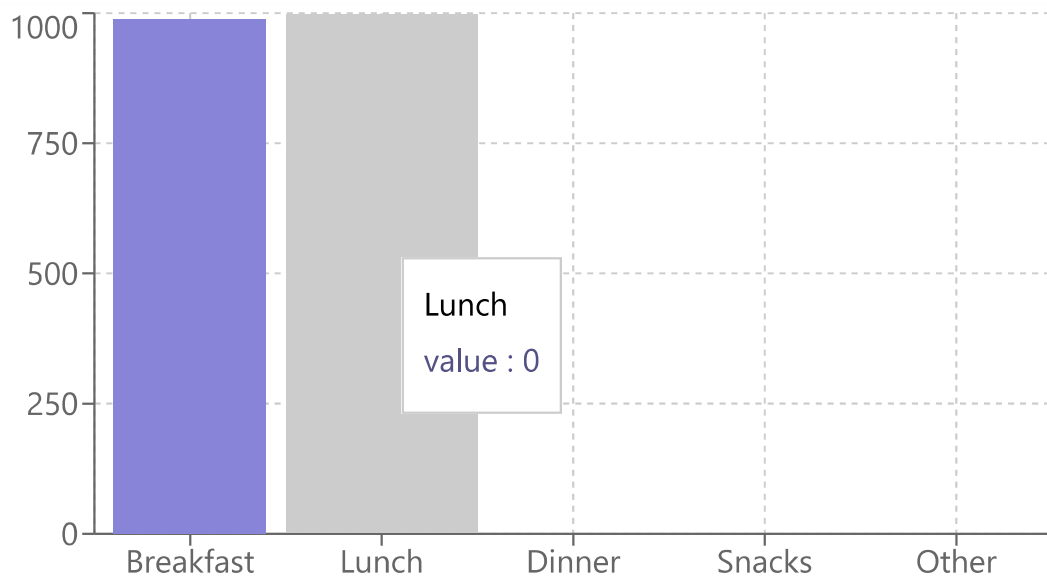
Food Image  
[Choose File](#) download.jpeg

Detected Items:

Palak Paneer	843 kcal
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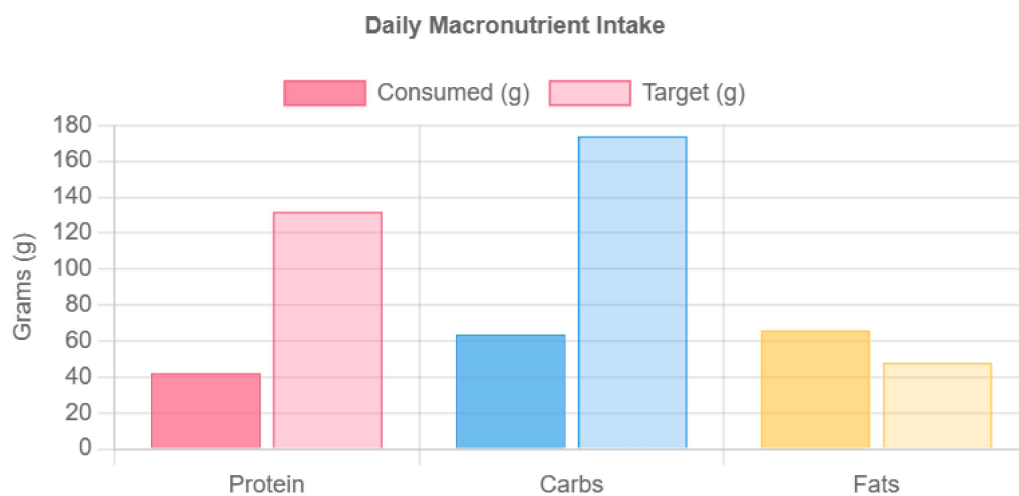
Upload and Analyze

Daily Breakdown



## Daily Macronutrients

Protein: 42.3g | Carbs: 63.7g | Fats: 66.2g

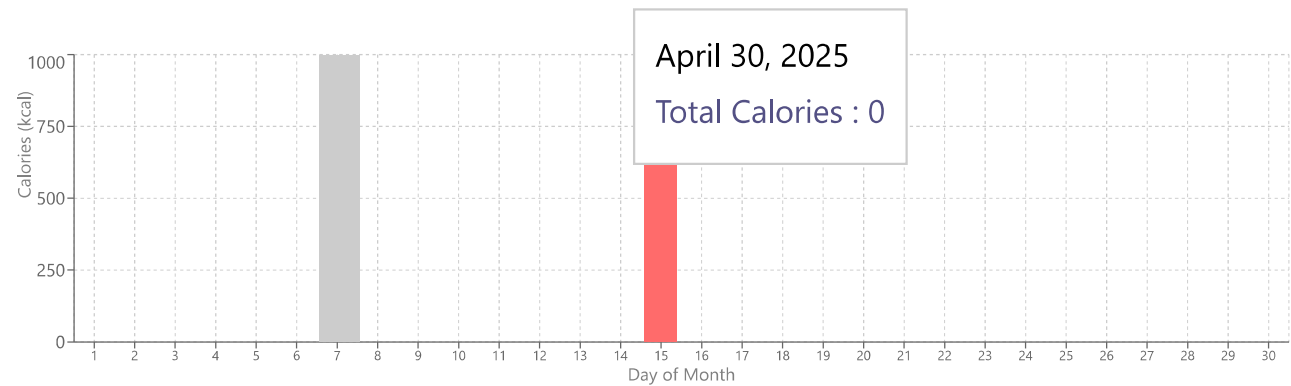


## What People Say

"I've lost 5kg in two months by just sticking to my calorie goals!"

"This app made my weight loss journey feel achievable."

## Monthly Progress - April 2025



Green bars indicate days within calorie target  
Red bars indicate days exceeding calorie target

## Daily Breakdown

DAY	TOTAL CALORIES	BREAKFAST	LUNCH	DINNER	SNACKS
1	0 kcal	0	0	0	0
2	0 kcal	0	0	0	0
3	0 kcal	0	0	0	0
4	0 kcal	0	0	0	0
5	0 kcal	0	0	0	0
6	0 kcal	0	0	0	0

DAY	TOTAL CALORIES	BREAKFAST	LUNCH	DINNER	SNACKS
7	0 kcal	0	0	0	0
8	0 kcal	0	0	0	0
9	0 kcal	0	0	0	0
10	0 kcal	0	0	0	0
11	0 kcal	0	0	0	0
12	0 kcal	0	0	0	0
13	0 kcal	0	0	0	0
14	0 kcal	0	0	0	0
15	988 kcal	988	0	0	0
16	0 kcal	0	0	0	0
17	0 kcal	0	0	0	0
18	0 kcal	0	0	0	0
19	0 kcal	0	0	0	0
20	0 kcal	0	0	0	0
21	0 kcal	0	0	0	0
22	0 kcal	0	0	0	0
23	0 kcal	0	0	0	0

DAY	TOTAL CALORIES	BREAKFAST	LUNCH	DINNER	SNACKS
24	0 kcal	0	0	0	0
25	0 kcal	0	0	0	0
26	0 kcal	0	0	0	0
27	0 kcal	0	0	0	0
28	0 kcal	0	0	0	0
29	0 kcal	0	0	0	0
30	0 kcal	0	0	0	0