


















# MyNetDiary Summary for Wed, Jul 24

## MyNetDiary Food Report

			Calories	Total Fat, g	Carbs, g	Protein, g	Fd. Grade	Sat. Fat, g	Trans Fat, g	Fiber, g	Sodium, mg	Calcium, mg
WEDNESDAY, JUL 24												
Breakfast			271cals	4g	55g	7g	A	1g	g	7g	10mg	27mg
 Oatmeal	cup	234g	166	4	28	6	A	1		4	9	21
 Banana	1	118g	105		27	1	A			3	1	6
 Green tea	1 cup	240g					B+					
Lunch			456cals	8g	51g	45g	A	1g	g	8g	655mg	89mg
 Quinoa	1 cup	185g	226	4	39	9	A			4	302	33
 Chicken breast grilled boneless skinless	120 gram	120g	178	4		35	A	1			258	7
 Carrots raw	1 cup,	128g	52		12	1	A			4	88	42
 Water	1 cup	237g					A				7	7
Dinner			806cals	38g	68g	58g	A	6g	g	25g	637mg	368mg
 Grilled salmon	120 gram	120g	218	10		31	A	2			67	18
 Broccoli steamed	1 cup	88g	19	1	3	1	A			2	6	88
 Lentil	cup	198g	226	1	39	18	A			16	471	38
 Low fat yogurt	120 gram	120g	102	2	17	6	A-	1			79	205
 Olive oil	2 tsp	9g	80	9			B-	1				
 Avocado	0.5	101g	161	15	9	2	A	2		7	7	12
 Water	cup	237g					A				7	7
Snacks			769cals	60g	45g	25g	A	5g	g	18g	4mg	336mg
 Apple	1	138g	72		19		A			3	1	8
 Almonds raw	120 gram	120g	695	60	26	25	A	5		15	1	323
 Herbal tea	1 cup	237g	2				B+				2	5
Day total			2,302cals	110g	219g	135g	A	13g	g	58g	1,306mg	820mg
Target			2,374 Calories	92 Total Fat	267 Carbs	119 Protein			0 Trans Fat	33 Fiber	2,300 Sodium	1,000 Calcium
Left			72cals	-18g	48g	-16g			g	-25g	994mg	180mg
% of My Target			97%	120%	82%	113%		no target	100%	176%	57%	82%
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