























MyNetDiary Summary for Tue, May 14

MyNetDiary Food Report

			Calories	Total Fat, g	Carbs, g	Protein, g	Fd. Grade	Sat. Fat, g	Trans Fat, g	Fiber, g	Sodium, mg	Calcium, %
TUESDAY, MAY 14												
Breakfast			418 cals	20 g	38 g	23 g	C+	6 g	g	1 g	1,196 mg	18%
 Egg scrambled, with salt	2 large	122g	210	16	3	14	D	5			783	9
 French bread	2 slice	64g	174	2	33	7	B			1	385	3
 Coffee with milk	400 ml	400g	34	2	2	2	B+	1			28	6
Lunch			1,500 cals	34 g	199 g	109 g	B+	13 g	g	10 g	1,074 mg	12%
 White rice	2 cup	372g	484	1	106	9	C			1		1
 Brocoli by hacendado	1/2	50g	14		2	2	A			2		
 Chips oven baked by mccain	2 serving	200g	289	8	61	5	B	1		5	370	
 Chocolate	50g	50g	267	15	30	4	D	9		2	39	9
 Chicken breast grilled boneless skinless	300 gram	300g	444	10		89	A	3			645	2
 Zero sugar coke by the coca-cola	500 ml	500ml	2				B+				20	
Dinner			786 cals	26 g	97 g	37 g	B-	7 g	g	g	520 mg	24%
 Grilled salmon	serving	85g	155	7		22	A	1			48	1
 Mac & cheese	2 serving	300g	521	19	68	15	D	6			452	23
 Lemon juice by simply lemonade	cup	240ml	110		29		C+				20	
Day total			2,704 cals	80 g	334 g	169 g	B-	26 g	g	11 g	2,790 mg	55%
Target			2,374 Calories	92 Total Fat	267 Total Carbs	119 Protein			0 Trans Fat	33 Dietary Fiber	2,300 Sodium	1,000 Calcium
Left			-330 cals	12 g	-67 g	-50 g			g	22 g	-490 mg	45%
% of My Target			114% 	87% 	125% 	142% 	B- 	no target 	100% 	33% 	121% 	55% 

MyNetDiary Measurements Report

Date	Weight, lbs	Height, in	BMR, cals	BMI	Daily Steps,
14.05.24	220.5	70.9	1995	30.9	4910

