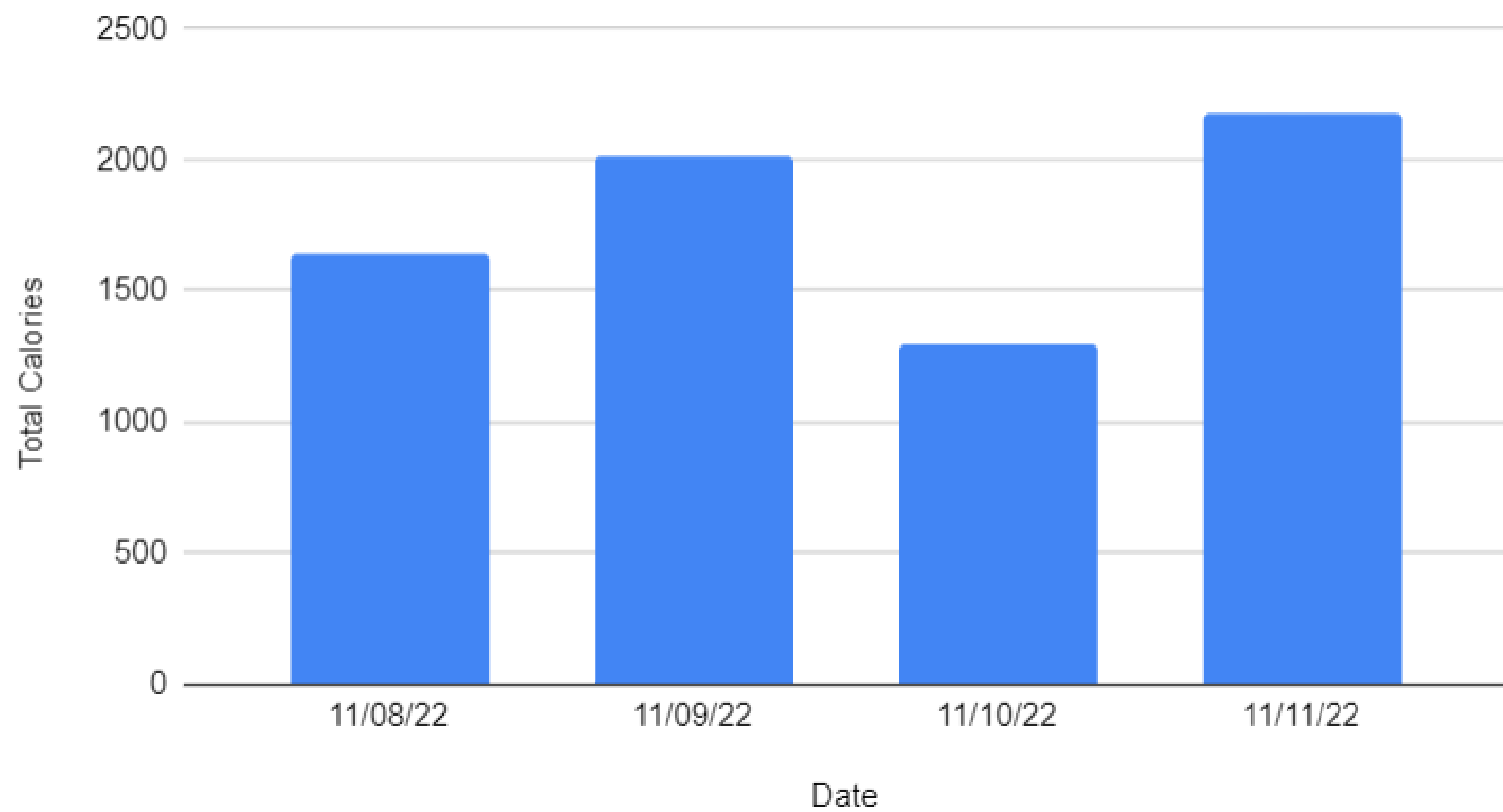


| | A | B | C | D | E | F |
|----|----------|----------|----------|--------------|------------------------|----------|
| 1 | Date | Time | Interval | Food | Quantity | Calories |
| 2 | 11/08/22 | 15:26:50 | noon | sandwich | 8 slices of bread | 900 |
| 3 | 11/08/22 | 15:26:53 | noon | tea | 1 cup | 2.37 |
| 4 | 11/08/22 | 15:26:53 | noon | biscuit | 1 biscuit (2-1/2" dia) | 211.8 |
| 5 | 11/08/22 | 15:26:54 | noon | rice | 1 bowl | 410.8 |
| 6 | 11/08/22 | 15:26:56 | noon | roti | 1 medium | 119.6 |
| 7 | 11/09/22 | 15:26:56 | noon | roti | 10 medium | 1195 |
| 8 | 11/09/22 | 15:26:56 | noon | rice | 2 bowl | 820 |
| 9 | 11/10/22 | 15:26:56 | noon | spinach soup | 1 bowl | 50 |
| 10 | 11/10/22 | 15:26:56 | noon | spinach soup | 1 bowl | 50 |
| 11 | 11/10/22 | 15:26:56 | noon | roti | 10 medium | 1195 |
| 12 | 11/11/22 | 20:36:21 | night | sandwich | 2 slices of bread | 154.86 |
| 13 | 11/11/22 | 20:36:22 | night | tea | 2 cups | 4.74 |
| 14 | 11/11/22 | 20:36:23 | night | roti | 10 medium | 1195 |
| 15 | 11/11/22 | 20:36:24 | night | rice | 2 bowl | 820 |

| | A | B | C |
|----|-------------|-----------------------|---|
| 1 | Date | Total Calories | |
| 2 | 11/08/22 | 1644.57 | |
| 3 | 11/09/22 | 2015 | |
| 4 | 11/10/22 | 1295 | |
| 5 | 11/11/22 | 2174.6 | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |

Total Calories vs. Date





57273262

11-11 8:29 PM

Sent from your Twilio trial
account - :

Your total calorie consumption
for [today](#) is 99.38Kcal