

Dairy Summary for JOHN (aaaa@aaa.com)

height: 140 age: 45 bloodType: 2
Current Weight: 120 Desired Weight: 95

10-12-2023

Food Name	Grams	Calories
Chicken egg (boiled)	50	80
Bacon	75	375

Daily Rate: 0 Calories consumed 455 Remaining calories -455

10-11-2023

Food Name	Grams	Calories
Ham	71	186
Roast duck	200	532
Coffee black	75	2

Daily Rate: 0 Calories consumed 720 Remaining calories -720

10-10-2023

Food Name	Grams	Calories
Buckwheat groats Mistral unground	25	89
Oatmeal Myllyn Paras with apple and lingonberry	50	173

Daily Rate: 0 Calories consumed 262 Remaining calories -262