



Dairy Summary for  
JIM (aaaa@aaa.com)  
10/10/2023 through 10/11/2023  
Height: 125 Age: 55 BloodType: 2  
Current Weight: 150 Desired Weight: 111

10-10-2023

| Food Name                    | Grams                 | Calories                |
|------------------------------|-----------------------|-------------------------|
| Rice Agro-Alliance Jasmine   | 25                    | 85                      |
| Instant Oatmeal Myllyn Paras | 100                   | 350                     |
| Corn flour Garnets           | 54                    | 179                     |
| Daily Rate: 0                | Calories consumed 614 | Remaining calories -614 |

10-11-2023

| Food Name                          | Grams                  | Calories                 |
|------------------------------------|------------------------|--------------------------|
| Chicken egg (dry protein)          | 100                    | 336                      |
| Pink salmon natural Balt-Fish Plus | 1000                   | 750                      |
| Grape juice                        | 80                     | 44                       |
| Chicken egg (boiled)               | 500                    | 800                      |
| Daily Rate: 0                      | Calories consumed 1930 | Remaining calories -1930 |