

# Nutrition Report

John Smith  
DOB:07/09/2001

Report generated on : March 23, 2023

Nutrient	Total	Goal	Left
Protein	134g	62	-72g
Carbohydrat	84g	52	-32g
Fiber	38g	20	-18g

Food Name	Meal Time	Fat	Protein	Carbohydrate	Total Calories
banana	breakfast	0	1	28	116
milk	breakfast	8	8	12	152
chicken	lunch	2	26	0	122
	Calories	90	140	160	390