

.vscode > calorie\_log.txt

```
1  =====
2  Session Date & Time: 2025-10-24 17:06:54
3  -----
4  dal          21.0
5  roti         45.0
6  -----
7  Total:       66.0
8  Average:     33.00
9  =====
10 Session Date & Time: 2025-10-24 17:38:15
11 -----
12 breakfast    200.0
13 lunch        200.0
14 -----
15 Total:       400.0
16 Average:     200.00
17 =====
18 Session Date & Time: 2025-10-24 17:45:39
19 -----
20 lunch        100.0
21 breakfast    200.0
22 -----
23 Total:       300.0
24 Average:     150.00
25 ✅ Great job! You are within your daily calorie limit.
26 =====
27
28
```