



JINENDRA MUNOT YOUR FOOD DIARY FOR 26 SEP 2020

ORDER ID: 12462

Allergies & Dislikes:		Grams	Calories		
Allergies	No Shepu				
jinendra munot Pune Pune 9370707001					
Breakfast					
Soya Nugget Poha	250		303		
Lunch					
Mix Green Salad Fresh Thousand Island Dressing	250		60		
Lauki Jhol	150		35		
Ragi Lauki Roti	70		115		
Dal Panchmel	150		138		
Hare Patte ki Sabji	100		28		
HiTea					
Khandvi	75		157		
Green Chutney with Imli	25		7		
Dinner					
Basil Tofu Lettuce Cup	150		50		
Talumein Soup	200		134		
Vegetables With Black Bean Sauce	150		27		
Cauliflower Fried Rice	150		45		
Soya Chilli (dry)	100		187		
Total Calories:1286		72 gms	27 %	47 %	25%
LIFE  HEAL 		Fiber	Protein	Carbs	Fat