



VIEW PROFILE

Fitness Foodie

ilovefitness@gmail.com



Diary



Exercise





Diary

1,500 - 0 + 0 = 1,500
GOAL FOOD EXERCISE REMAINING

BREAKFAST 182

Scrambled Eggs 182
2 eggs

Add +

LUNCH 0

Add +

DINNER 0

Add +

SNACK 0

Add +

WATER 0

Add +

**VIEW DAILY
SUMMARY**

**VIEW WEEKLY
SUMMARY**



Diary



Exercise



Profile





Search food

RECENTS

- | | |
|----------------|-----|
| Scrambled Eggs | 182 |
| 2 eggs | |
| | |
| Jasmine Rice | 238 |
| 1 cup | |



← Scrambled Eggs



Calories	182
Serving Size	1 egg
Number of Servings	2

MACROS

Protein	13g
Carbohydrates	2g
Fat	15g



← Jasmine Rice



Calories	283
Serving Size	1 cup
Number of Servings	1

MACROS

Protein	5g
Carbohydrates	50g
Fat	2g



← Water



Serving Size	1 cup
Number of Servings	1



← Profile



Fitness Foodie

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GOALS

Calorie Goal	1,500
Water Goal	2 litres

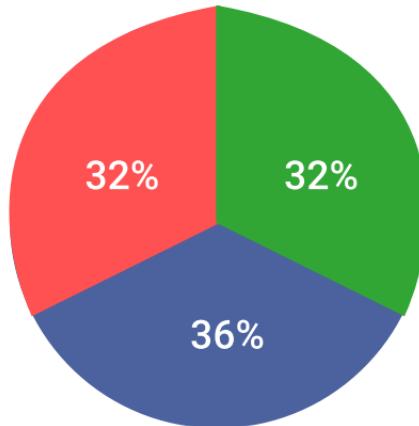
← Daily View

Saturday, May 29th 2021

Calories 1,629

Water 1.5 litres

MACROS



Protein (124g) 32%

Carbohydrates (122g) 32%

Fat (62g) 36%



← Scrambled Eggs



Calories

182

Serving Size

1 egg

CANCEL

OK



← Jasmine Rice



Calories

283

Serving Size

1 oz

1 cup

1 g

CANCEL

OK



← Water



Serving Size

1 cup

Serving Size

1 oz

1 cup

1 litre

CANCEL

OK



← Profile



Calorie Goal

|

CANCEL

OK

Water Goal

2 litres

+	1	2	3	%
-	4	5	6	_
*	7	8	9	X
/	0	=	.	🔍
ABC	,	@?#		



← Profile



Water Goal

|

CANCEL

OK

Water Goal

2 litres

+	1	2	3	%
-	4	5	6	_
*	7	8	9	X
/	0	=	.	🔍
ABC	,	@?#		



← Scrambled Eggs



Calories

182

Number of Servings

|

CANCEL

OK

Eat 1.5g

+	1	2	3	%
-	4	5	6	[]
*	7	8	9	x
/	0	=	.	🔍
ABC	,	@?#		



← Jasmine Rice



Calories

283

Number of Servings

|

CANCEL

OK

Eat 2a

+	1	2	3	%
-	4	5	6	[]
*	7	8	9	x
/	0	=	.	🔍
ABC	,	@?#		



← Water



Serving Size

1 cup

Number of Servings

|

CANCEL

OK

+	1	2	3	%
-	4	5	6	[]
*	7	8	9	x
/	0	=	.	Search icon
ABC	,	@?#		

