

Harrison Walls	harrisonwwalls@gmail.com	11/9/2021	dailyFoodLog
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## Report Parameters

Select a Date :



## Choose Meal Times

- ☒ Breakfast
- ☒ Morning Snack
- ☒ Lunch
- ☒ Afternoon Snack
- ☒ Dinner
- ☒ Evening Snack

## Daily Food Log

This report shows, for the day and meals selected, the foods you have recorded under Track Diet.

### Entries for 10/25/2021

Breakfast		
SCHIFF Vitamin B12 250 mcg, Yeast Free	1 item	0 kcal
Banana	2 item	210.04 kcal
Protein Powder	30.000000000000004 g	120.3 kcal

### Entries for 10/25/2021

Lunch		
Lime	1 item	20.1 kcal
Peanuts, Oil Roasted	75 g	449.25 kcal
Banana	1 item	105.02 kcal
Almonds, Dry Roasted, without Salt Added	0.25 c.	206.31 kcal
Apple, Medium	1 item	94.64 kcal

### Entries for 10/25/2021

Dinner		
SPECTRUM Oil, Arbequina Olive, Extra Virgin, Unfiltered, Organic	3 T.	360 kcal
NANAK Fresh Cheese, Fried Paneer, Cubes	100 g	300 kcal
Roti, Tandoori (Indian Flatbread)	2 pc.	426.44 kcal

Dinner		
Carrots, Baby	8 item	28 kcal
Pepper, Black, Ground	1 t.	5.271 kcal

Entries for 10/25/2021

Total Water		
Water, Tap	6 c.	0 kcal

Total: 2,325.371 kcal

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