

Harrison Walls

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11/9/2021

dailyFoodLog

Report Parameters

Select a Date : 10/26/2021



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 10/26/2021

Breakfast

Beverages, Protein Powder, Whey Based	30 g	105.6 kcal
SCHIFF Vitamin B12 250 mcg, Yeast Free	2 item	0 kcal

Entries for 10/26/2021

Morning Snack

Yogurt, Plain, 2%-4% Butter Fat	400.00000000000006 g	284 kcal
VILLA FRIZZONI Cheese, Provolone, Smoked, Ref	50 g	176.37 kcal

Entries for 10/26/2021

Lunch


Apple, Slices	2 c.	113.36 kcal
Grapes, Slip Skin (includes Concord), American	1 c.	61.64 kcal

Entries for 10/26/2021

Afternoon Snack

Candy or Candies, Dark Chocolate, 70-85% Cacao Solids	100 g	599 kcal
Peanuts, Virginia, Oil Roasted, Salted	0.75 c.	619.905 kcal

Entries for 10/26/2021

Dinner		
Pepper, Black, Ground	1 t.	5.271 kcal
Lentils, Boiled, with Salt Added 	1.2499999999999998 c.	282.137 kcal
Broccoli, Chopped, Boiled, Drained	2 c.	109.2 kcal
Olive oil	2 t.	79.56 kcal
Roti	1 item	105.405 kcal

Entries for 10/26/2021

Total Water		
Water, Tap	5 c.	0 kcal

Total: 2,541.448 kcal