

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

Select a Date : 10/23/2021



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 10/23/2021

Breakfast		
SCHIFF Vitamin B12 250 mcg, Yeast Free	2 item	0 kcal
Banana	1 item	105.02 kcal

Entries for 10/23/2021

Morning Snack		
Apple, Medium	2 item	154.96 kcal
Grapes, Red or Green	1 c.	104.19 kcal


Entries for 10/23/2021

Lunch		
Peanuts, Virginia	0.75 c.	616.485 kcal
Candy or Candies, Dark Chocolate, 70-85% Cacao Solids	75 g	448.508 kcal

Entries for 10/23/2021

Afternoon Snack		
Almonds, Dry Roasted, without Salt Added	0.75 c.	618.93 kcal

Entries for 10/23/2021

Dinner		
ORGANIC VALLEY Family Farms Butter, Ghee, Clarified	5 T.	675 kcal
Carrots	0.4 c.	20.008 kcal
Chicken, Meat Only, Stewed	3 c.	743.405 kcal
Cucumber, Peeled, Raw 	0.25 item	6.03 kcal
Broccoli, Chopped, Boiled, Drained	0.25 c.	13.65 kcal

Entries for 10/23/2021

Total Water		
Water, Tap	9 c.	0 kcal

Total: 3,506.186 kcal