

Harrison Walls

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11/9/2021

dailyFoodLog

## Report Parameters

Select a Date : 10/24/2021



## 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 10/24/2021

Lunch		
SCHIFF Vitamin B12 250 mcg, Yeast Free	1 item	0 kcal
Banana	1 item	105.02 kcal
Protein Powder	20 g	80.2 kcal
STELLA Cheese, Blue, Natural, Smoked	25 g	88.185 kcal

### Entries for 10/24/2021

Dinner		
Potatoes, Flesh Only, Boiled with Skin	1 c.	135.72 kcal
Bean Sprouts, Mung, Boiled, Drained	50 g	10.5 kcal
Olives, Green, Stuffed	50 g	64 kcal
FANTASTIC WORLD FOODS Rice, Basmati, Dry	1 c.	640 kcal

### Entries for 10/24/2021

Total Water		
Water, Tap	7 c.	0 kcal

**Total: 1,123.625 kcal**

