

Harrison Walls

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11/9/2021

dailyFoodLog

Report Parameters

Select a Date : 10/27/2021




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 10/27/2021

Breakfast		
Salt, Table	0.25 t.	0 kcal
ANNIES HOMEGROWN Mac & Cheese, Shells & Real Aged Wisconsin Cheddar Cheese, Prepared	50 g	106.061 kcal
Eggs, Hard Boiled 	6 item	423 kcal
Pepper, Black, Ground	1 t.	5.271 kcal

Entries for 10/27/2021

Morning Snack		
Yogurt, Plain, Made with Whole Milk (8 grams protein per 8 ounces)	3 c.	448.35 kcal

Entries for 10/27/2021

Lunch		
Avocado	1 c.	233.6 kcal
Bean Sprouts, Lentils, Stir Fried	110 g	111.101 kcal
Oil, Olive	2 T.	238.68 kcal
Carrots, Baby	10 item	35 kcal

Entries for 10/27/2021

Afternoon Snack		
Peanuts, Virginia	0.75 c.	616.485 kcal

Entries for 10/27/2021

Dinner		
SCHIFF Vitamin B12 250 mcg, Yeast Free	2 item	0 kcal
Banana	1 item	105.02 kcal
Protein Powder	30.000000000000004 g	120.3 kcal

Entries for 10/27/2021

Total Water		
Water, Tap	5 c.	0 kcal

Total: 2,442.867 kcal