



JASON LAM
PT

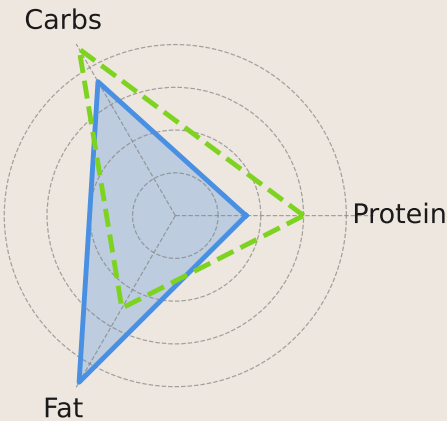
Daily Macro Reports

Name: Damien

Location: Singapore

Macro Analysis - Damien

Macro %: Damien vs Ideal



Key Macro Insights

Fat:
Your fat intake is significantly above ideal levels. Consider cutting down on high-fat items like fried foods, kaya toast, and butter-based dishes.

Protein:
Your protein intake is lower than optimal. You might benefit from increasing lean protein sources like eggs, salmon, tofu, or protein powder.

Carbohydrates:
Carbohydrates are within a reasonable range but ensure you're prioritising whole grains and fibre-rich sources over refined carbs.

Daily Macro Report - 27 July

Here is a detailed breakdown of your food and drink intake for the day, along with estimated macronutrient values.

| Item | Calories | Protein (g) | Carbs (g) | Fat (g) |
|--|----------|-------------|-----------|---------|
| 1 scoop protein powder with water | 120 | 25 | 2 | 1 |
| Gochujang spicy stir fry pork belly | 350 | 18 | 10 | 28 |
| Cold noodles w/ egg, cucumbers, steamed egg, Banchan | 480 | 16 | 55 | 18 |
| 1 scoop Jap chae | 160 | 2 | 30 | 6 |
| 1 cup kopi c less sweet | 80 | 1 | 8 | 4 |
| Kaya toast + 2 egg mayo toast + kaya PB toast | 600 | 10 | 50 | 35 |
| 3 small pieces dried mackerel | 90 | 10 | 0 | 6 |
| 3 pieces walnuts | 70 | 2 | 2 | 7 |
| 1 bottle coconut water | 50 | 0 | 12 | 0 |
| TOTAL | 2000 | 84 | 169 | 105 |

Daily Macro Report - 28 July

Here is a detailed breakdown of your food and drink intake for the day, along with estimated macronutrient values.

| Item | Calories | Protein (g) | Carbs (g) | Fat (g) |
|----------------------------------|----------|-------------|-----------|---------|
| Iced latte no sugar | 60 | 3 | 6 | 3 |
| Avocado toast w/ 2 eggs & salad | 420 | 16 | 24 | 28 |
| Small bowl of mac & cheese | 310 | 9 | 36 | 14 |
| 3 spoonfuls of chendol | 120 | 1 | 18 | 5 |
| Iced kopi less sweet | 90 | 1 | 10 | 5 |
| 1 coffee bun | 180 | 4 | 28 | 6 |
| Thai green curry pasta w/ salmon | 540 | 27 | 45 | 28 |
| Soy bean milk regular sugar | 130 | 6 | 14 | 5 |
| 1 iced bottle coconut water | 60 | 0 | 15 | 0 |
| TOTAL | 1910 | 67 | 196 | 94 |

Daily Macro Report - 29 July

Here is a detailed breakdown of your food and drink intake for the day, along with estimated macronutrient values.

| Item | Calories | Protein (g) | Carbs (g) | Fat (g) |
|---|----------|-------------|-----------|---------|
| Iced kopi less less sweet | 70 | 1 | 8 | 4 |
| 1 pork chive dumpling | 60 | 3 | 5 | 3 |
| 2 prawn dumplings | 100 | 6 | 10 | 3 |
| 2 siew mai | 120 | 7 | 6 | 6 |
| Shrimp cheongfan | 250 | 10 | 35 | 8 |
| 1 fried butter shrimp | 80 | 5 | 4 | 5 |
| 2 fried taro puff | 200 | 3 | 20 | 12 |
| 1 paper wrapped chicken drumstick | 160 | 12 | 3 | 10 |
| 1 golden custard bun | 170 | 4 | 22 | 7 |
| Fried carrot cake | 280 | 4 | 30 | 14 |
| Fried beancurd roll | 180 | 5 | 15 | 10 |
| Iced latte less sweet | 80 | 3 | 6 | 4 |
| Noodle soup w/ sweet potato noodles, veg, egg | 350 | 12 | 40 | 12 |
| 2 grilled salmon fillets | 420 | 46 | 0 | 26 |
| Iced coconut water no sugar | 50 | 0 | 12 | 0 |
| TOTAL | 2570 | 121 | 216 | 124 |