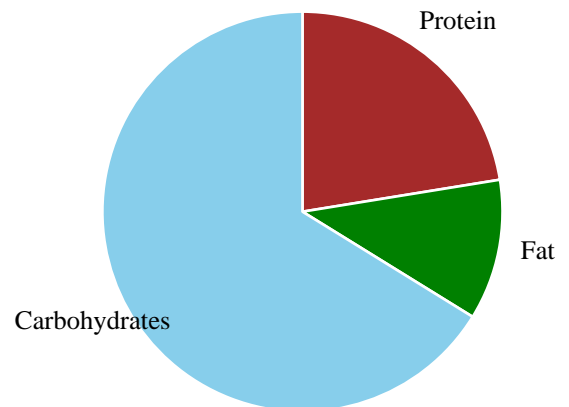


FOODSNAP DIET REPORT

Report Type : Custom
Unique Id : FS65a3cd2
Name : Shaik Esub
Age : 21
Gender : male
Weight : 63
Height : 5.5
Required Calories Per Day : 2400 - 3000
Weekly Caloric Balance : 8465.0/43200
P:F:C Ratio : 0.22 : 0.11 : 0.66



Food	Date	Time	Calories	Carb(G)	Fat(G)	Prot(G)
Dal	14 Jan 2024	05:32PM	480.00	60.00	15.00	30.00
White Rice	14 Jan 2024	07:13PM	333.00	75.00	0.60	6.60
Potato	14 Jan 2024	07:13PM	328.00	34.98	0.20	4.04
White Rice	14 Jan 2024	10:25PM	222.00	50.00	0.40	4.40
White Rice	16 Jan 2024	12:14AM	222.00	50.00	0.40	4.40
Dal	16 Jan 2024	12:37AM	480.00	60.00	15.00	30.00
Dal	16 Jan 2024	12:37AM	480.00	60.00	15.00	30.00
Dal	16 Jan 2024	12:37AM	480.00	60.00	15.00	30.00
Dal	16 Jan 2024	12:38AM	480.00	60.00	15.00	30.00
Pumpkin	16 Jan 2024	12:56AM	153.00	23.28	0.30	1.89
Dal	16 Jan 2024	10:29PM	480.00	60.00	15.00	30.00
Dal	16 Jan 2024	10:29PM	480.00	60.00	15.00	30.00
Chicken Biryani	17 Jan 2024	12:44AM	364.00	60.00	6.00	24.00
Curd	17 Jan 2024	12:58AM	120.00	6.00	8.00	6.20
Dal	17 Jan 2024	04:37PM	480.00	60.00	15.00	30.00
White Rice	17 Jan 2024	06:10PM	222.00	50.00	0.40	4.40
Dal	18 Jan 2024	11:01PM	480.00	60.00	15.00	30.00
Dal	18 Jan 2024	11:12PM	640.00	80.00	20.00	40.00
Dal	19 Jan 2024	12:58PM	320.00	40.00	10.00	20.00
Puri	19 Jan 2024	12:58PM	888.00	140.19	28.29	22.62
White Rice	19 Jan 2024	12:58PM	333.00	75.00	0.60	6.60