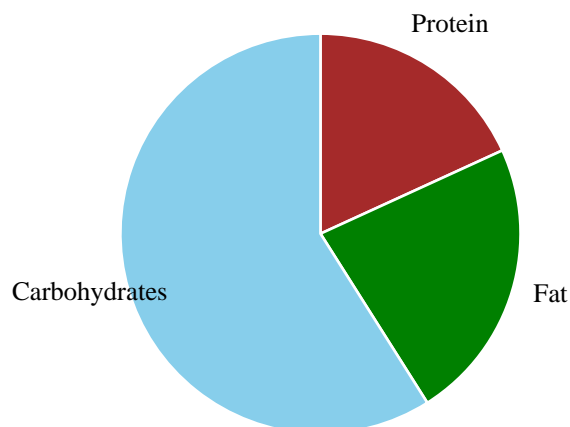


FOODSNAP DIET REPORT

Report Type : Week
Unique Id : FS659d838
Name : Esub
Age : 21
Gender : male
Weight : 63
Height : 5.4
Required Calories Per Day : 1800
Weekly Caloric Balance : 4461.0/21600
P:F:C Ratio : 0.18 : 0.23 : 0.59



Food	Date	Time	Calories	Carb(G)	Fat(G)	Prot(G)
White Rice	9 Jan 2024	11:05PM	333.00	75.00	0.60	6.60
Mango Pickle	9 Jan 2024	11:06PM	834.00	27.00	78.30	5.40
Dal	12 Jan 2024	11:02AM	640.00	80.00	20.00	40.00
Dosa	12 Jan 2024	11:02AM	662.00	60.00	36.00	30.00
Dosa	12 Jan 2024	11:02AM	662.00	60.00	36.00	30.00
Banana	12 Jan 2024	11:03AM	222.00	44.00	0.40	2.18
Apple	12 Jan 2024	11:05AM	380.00	45.60	0.68	1.04
Orange	12 Jan 2024	11:07AM	248.00	32.80	0.80	4.00
Dal	12 Jan 2024	11:28AM	480.00	60.00	15.00	30.00