

Date	Meal Type	Food	Servings	Serving Unit	Calories	Protein	Carbs	Fat
7/2/25	Breakfast	Flaxmeal	1	grams	100	15	10	1
7/2/25	Breakfast	Flaxmeal	1	grams	100	15	10	1
7/2/25	Breakfast	Egg	1	Egg	75	15	10	10
6/26/25	Snack	Chocolate	5	oz	null	null	null	null
6/26/25	Lunch	egg rolls	1	piece	0	0	0	0
6/26/25	Snack	pork grinds	1	cup	0	0	0	0
6/26/25		chicken sou	1	piece	0	0	0	0
6/26/25	Breakfast	oatmeal	1		0	0	0	0
6/26/25	Breakfast	oatmeal	1	null	61	1.1	7.1	3
6/26/25	Snack	popcorn 5c	1	null	384	5.2	85	1.5
6/25/25	Breakfast	cheese	1	null	138	2.5	6.14	11.5
6/25/25	Lunch	cheese	12	null	686	17	16	60
7/2/25	Snack	Lego Starbu	1	grams	50	50	50	50

Mood	Notes
Irritated	
Irritated	
Happy	
Great	PMS
Okay	
Sad	
Great	
Okay	
Good	
Sad	
Okay	
	gassy
Happy	