



JOURNAL



FRIGO



RECETTES



STATS

CALTRACKER

RESTANT
2500 kcal

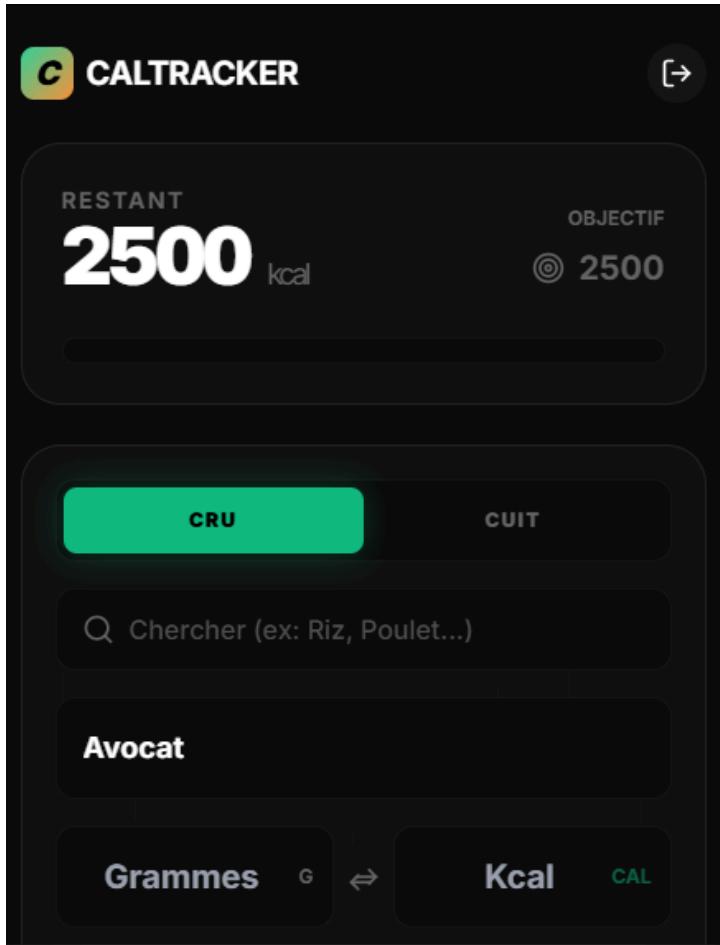
OBJECTIF
⌚ 2500

CRU **CUIT**

Q Chercher (ex: Riz, Poulet...)

Avocat

Grammes G ⇄ **Kcal** CAL



The screenshot shows the 'Mon Frigo' (My Fridge) screen of the Caltracker app. At the top, there is a search bar with the placeholder 'Chercher...'. Below the search bar are four items listed in a grid:

- Avocat** [CRU]
160 kcal / 2g prot
- Banane** [CRU]
89 kcal / 1.1g prot
- Beurre** [CRU]
717 kcal / 0.8g prot
- Blanc de Poulet** [CRU]
105 kcal / 23g prot

Each item has a small trash can icon in the bottom right corner.

The screenshot shows the 'Recettes' (Recipes) screen of the Caltracker app. At the top, there is a large button labeled '+ Crée une recette' with a plus sign icon. In the top right corner, there is a trash can icon. The rest of the screen is currently empty, indicated by a dashed green border.



CALTRACKER



0

COMMENCEZ VOTRE SÉRIE !

JOUPS SUIVIS

0

TAUX DE RÉUSSITE

0%

MOY. CALORIES

0

JOUPS VALIDÉS

0

MOY. CALORIES

0

JOUPS VALIDÉS

0



Février 2026



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■ <50%

■ 50-90%

■ 90-110%

■ >110%