

Day 3 Food Intake Nutritional Analysis, June 12, 2025

Pre-Workout

Item	Quantity	Calories	Protein (g)	Fiber (g)	Carbs (g)
Brown Bread	1 slice (30g)	80 kcal	3.0	2.0	14.0
Peanut Butter	30g	180 kcal	7.0	2.0	6.0
Lemon (juice)	1 (50g)	10 kcal	0.5	0.5	3.0
Honey	5g	15 kcal	0.0	0.0	4.0
Salt	0.5 tbsp	0 kcal	0.0	0.0	0.0
Total		283 kcal	10.5	4.5	27.0

Breakfast

Item	Quantity	Calories	Protein (g)	Fiber (g)	Carbs (g)
Oats	50g (dry)	190 kcal	6.5	4.0	34.0
Milk	150ml	90 kcal	5.0	0.0	7.0
Nutella	10g	54 kcal	0.5	0.3	6.0
Banana	2 (200g)	180 kcal	2.0	6.0	46.0
Boiled Eggs	3 (150g)	210 kcal	18.0	0.0	1.5
Total		724 kcal	32.0	10.3	94.5

Lunch

Item	Quantity	Calories	Protein (g)	Fiber (g)	Carbs (g)
Chicken (cooked)	127g	210 kcal	40.0	0.0	0.0
Rice (cooked)	150g	195 kcal	4.0	0.5	42.0
Daal	160g	160 kcal	10.0	8.0	25.0
Cucumber	150g	24 kcal	1.0	1.5	5.0
Carrot	100g	41 kcal	1.0	3.0	10.0
Buttermilk	160g	60 kcal	5.0	0.0	7.0
Total		690 kcal	61.0	13.0	89.0

Dinner

Item	Quantity	Calories	Protein (g)	Fiber (g)	Carbs (g)
Rajma (boiled)	10g	13 kcal	1.0	0.8	2.3
Chickpeas (boiled)	10g	16 kcal	1.0	0.8	2.7
Black Chana (boiled)	10g	16 kcal	1.0	0.8	2.7
Chicken (cooked)	100g	165 kcal	31.0	0.0	0.0
Carrot, Cabbage, Cucumber	100g	30 kcal	1.0	2.0	6.0
Curd (low fat)	110ml	70 kcal	4.0	0.0	5.0
Total		310 kcal	39.0	4.4	18.7

Daily Nutritional Summary

Nutrient	Total Intake
Calories	[Fire] 2,103 kcal
Protein	[Meat] 127.4 g
Carbohydrates	[Rice] 244.6 g
Fat	[Avocado] 66.9 g
Fiber	[Broccoli] 32.9 g