

NutriLog

Help Info

User Info

Track

Meal Plan

Click on boxes to interact

Home

User Information

Change Height 5 feet 8 inches

Change Goal maintain

Change weight 145 lbs

Activity Level high

You need to eat...

Change Gender male

change Age 18 years

Get calories 2850 calories

Track Food

Most Recent Food:

Salmon

Day's Nutrition

Calories: 468.0 calories

Carbohydrates: 0.0 grams

Protein: 50.0 grams

Fat: 28.0 grams

Add Food

Remove Food

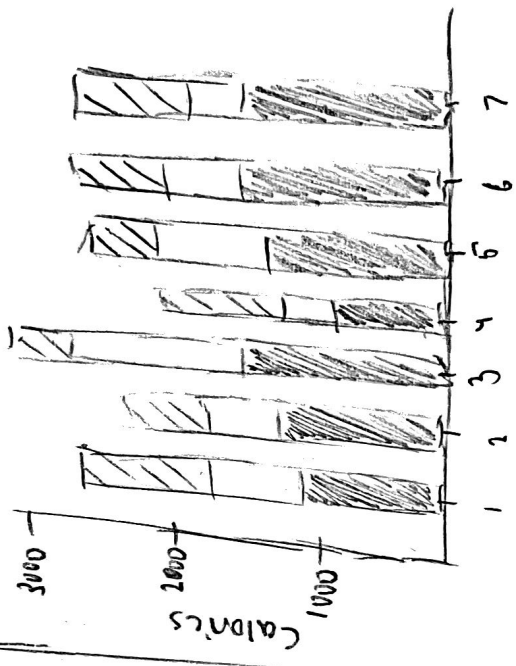
Analyze Week

Chrome

nutritionix.com/food/nutrition-facts	Salmon
~	~
~	~
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Analyze Week

You need 2850 calories/day



Key

- carbs
- protein
- fat

You need to eat more calories in the week

Custom Meal Plan

Click for meal plan!

Food type preference

Home

Breakfast:

Snack 1

Lunch:

Snack 2:

Dinner:

Day's Total:

Custom Meal Plan

Click for meal plan!

Food type preference

grain

Home

Breakfast: 2 eggo waffles, bacon egg cheese sandwich

Snack 1: 2 cups dry honey cheerios

Lunch: BLT pasta salad, veggie wraps

Snack 2: 1 cup chickpeas

Dinner: 6 oz tuna and artichoke, stir fry, sausage and brussel sprouts

Day's Total: 2809 calories, 284.9 grams, 172.2g protein, 113.4 g fat