Healthy eating Dashboard

Total Meals	Rating	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
600	3.03	639.1	43.47	75.75	30.39

Find Your Perfect Meal

calories: 100 – 1,200

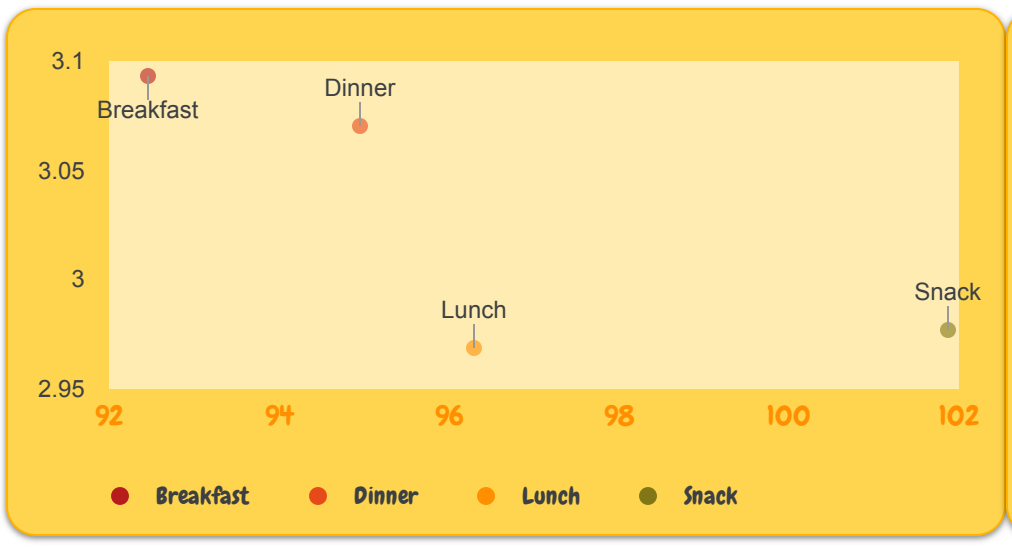
cuisine: Type to search — American

serving_size_g: Type to search — 100

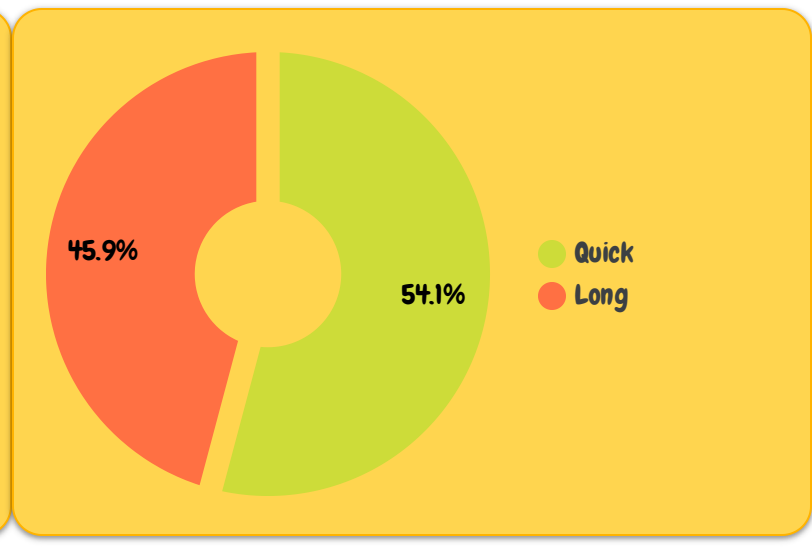
Table - Meal Details

	meal_name	cuisine	meal_type	diet_type	total_time(pr	calories	carbs_g	fat_g	rating	protein_g
1.	Rather Sandwich	Indian	Lunch	Balanced	177	103	137.2	17.5	3.1	45.9
2.	Us Sandwich	Thai	Breakfast	Vegetarian	176	928	83.8	41.3	3	40.9
3.	Yes Rice	Chinese	Breakfast	Keto	174	856	147.4	26.5	3.9	52.6
4.	Mr Curry	Thai	Snack	Vegan	173	704	89	45.1	2.8	8.5
5.	Actually Rice	American	Dinner	Low-Carb	173	885	71.6	51.6	3.8	45.3
6.	Writer Rice	Mexican	Snack	Balanced	171	922	92.7	50	2	16.5
				Grand total	57.7K	383.5K	45.5K	18.2K	1.8K	26.1K

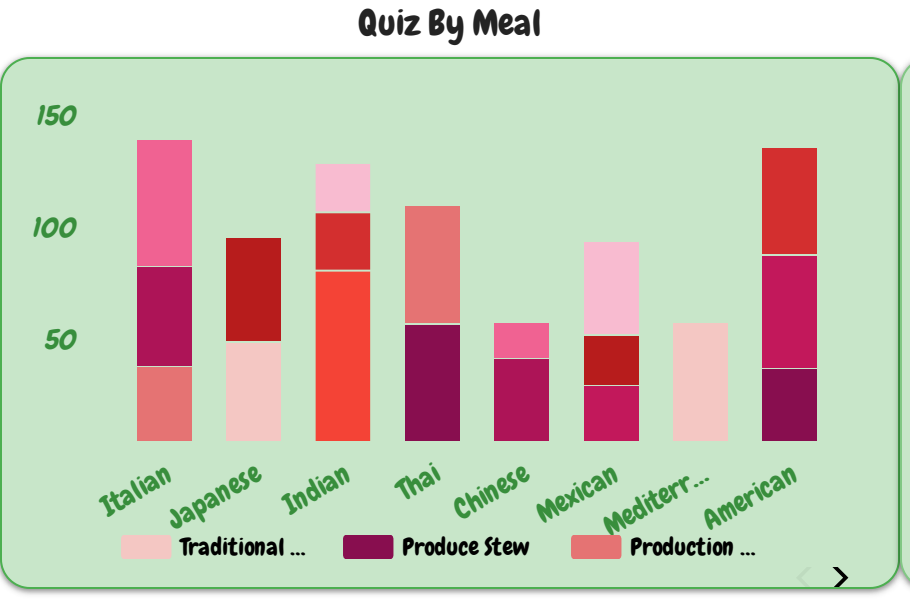
Cooking Time vs Meal Rating



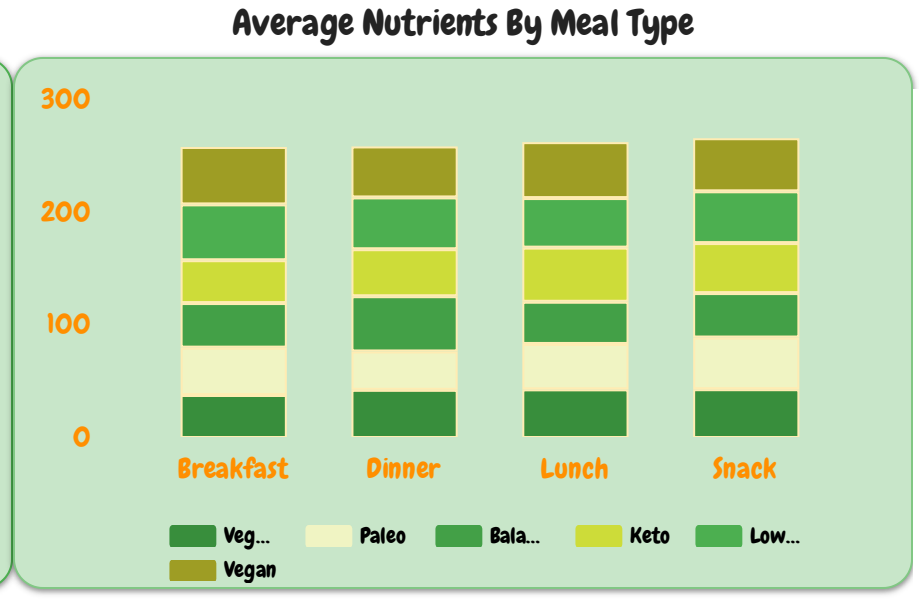
Quick vs Long Meals



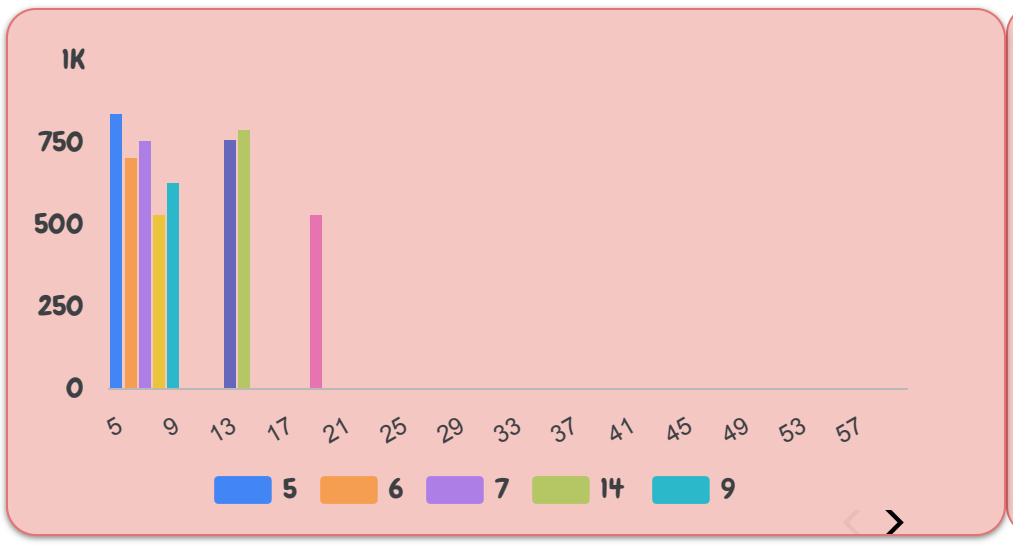
Quiz By Meal



Average Nutrients By Meal Type

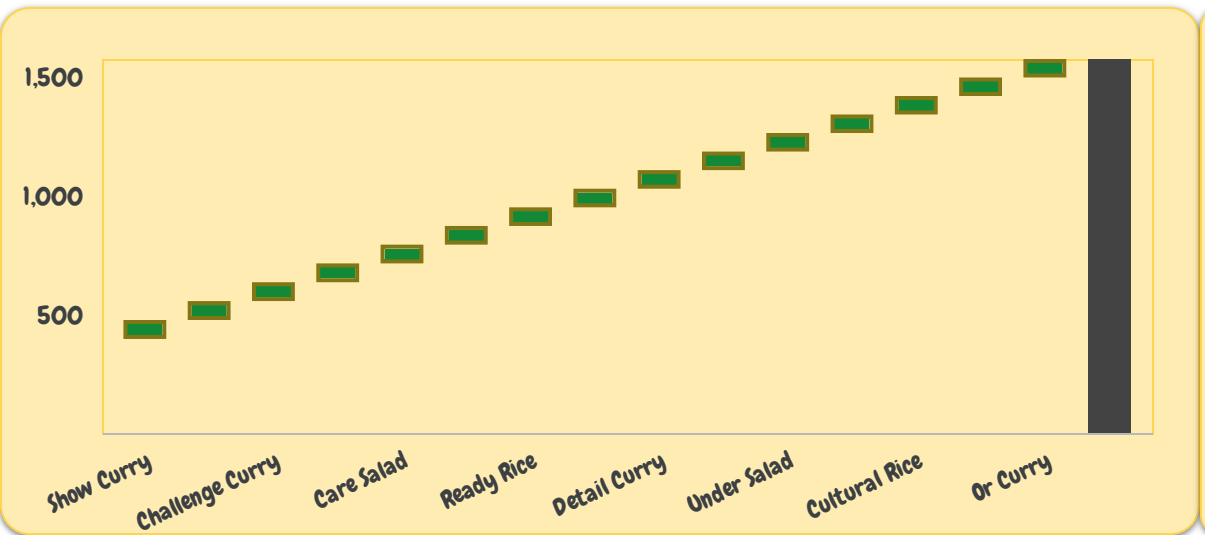
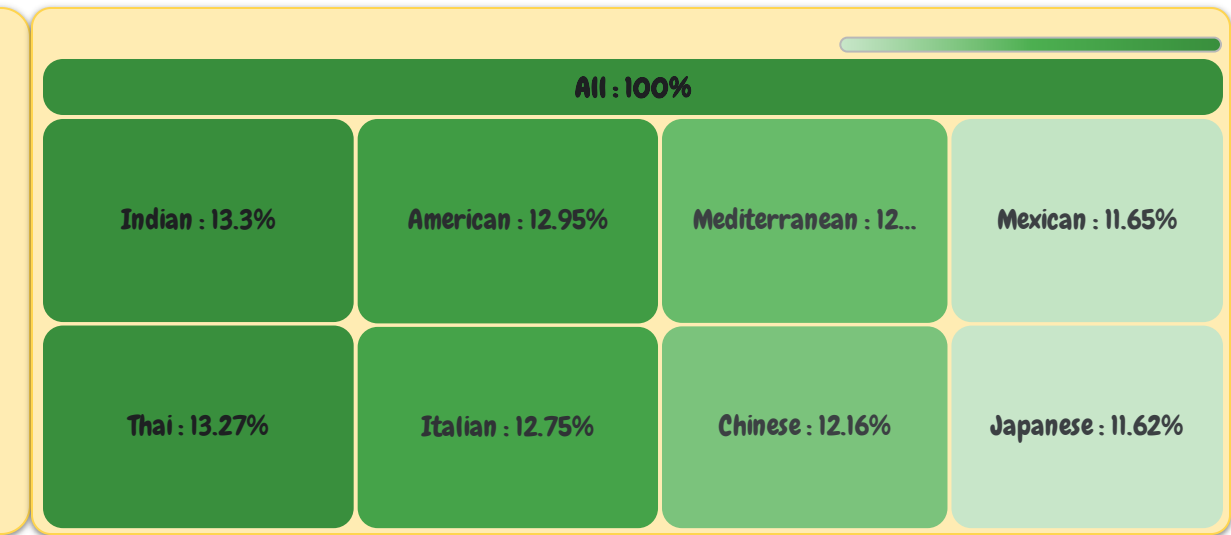


Average Calories by Prep Time



Meal Ratings vs Nutrition

Protein Breakdown by Meal



Healthy Meal Density by Category