

Date	Meal	Time	Food Item	Quantity (g)	Calories	Protein (g)	Carbs (g)	Fat (g)	Sugar (g)	Meal Type	Homemade	Water Intake (ml)	Mood After Meal	Physical Activity	Notes	Exercise Time (min)	Hospital Visit
01-06-2025	Breakfast	7:15 AM	Poha	172	250	5	45	5	2	Veg	No	300	Energetic		1464 Heavy	30	Yes - Routine Checkup
01-06-2025	Lunch	13:45 PM	Palak Curry	170	120	5	10	6	3	Veg	Yes	300	Sluggish		927 No issues	60	No
01-06-2025	Snacks	18:30 PM	Apple	150	95	0.5	25	0.3	19	Vegan	Yes	100	Energetic		1985 Felt light	30	No
01-06-2025	Dinner	19:30 PM	Chapati	101	260	8	42	7	1	Veg	No	100	Okay		1309 Loved it	60	No
02-06-2025	Breakfast	7:15 AM	Pesarattu	151	220	10	30	5	2	Vegan	No	250	Sluggish		1627 No issues	60	No
02-06-2025	Lunch	14:45 PM	Brinjal Curry	239	140	3	15	7	2	Veg	No	300	Okay		1306 Loved it	45	No
02-06-2025	Snacks	16:00 PM	Banana	217	105	1.3	27	0.3	14	Vegan	Yes	250	Satisfied		903 No issues	60	Yes - Fever
02-06-2025	Dinner	19:45 PM	Idli with Sambar	144	240	7	36	3	3	Vegan	Yes	150	Tired		1546 Loved it	0	No
03-06-2025	Breakfast	9:45 AM	Upma	149	240	6	42	5	1	Veg	No	150	Sluggish		1374 Digestive discomfort	0	Yes - Routine Checkup
03-06-2025	Lunch	13:30 PM	Dal	200	180	9	22	3	1	Veg	No	300	Tired		563 Very filling	30	No
03-06-2025	Snacks	17:00 PM	Fruit Salad	177	150	2	30	2	18	Vegan	No	200	Okay		693 Felt light	15	No
03-06-2025	Dinner	19:15 PM	Chapati with Dal	246	265	8	38	6	2	Vegan	No	150	Sleepy		1241 Heavy	15	Yes - Fever
04-06-2025	Breakfast	8:45 AM	Dosa	135	230	6	30	8	2	Vegan	Yes	250	Sleepy		1832 Felt light	15	Yes - Routine Checkup
04-06-2025	Lunch	14:15 PM	Sambar Rice	114	310	7	50	9	3	Vegan	No	300	Light		1485 Very filling	30	No
04-06-2025	Snacks	16:30 PM	Apple	105	95	0.5	25	0.3	19	Veg	No	150	Energetic		788 Very filling	30	Yes - Stomach issue
04-06-2025	Dinner	21:15 PM	Chapati with Dal	133	265	8	38	6	2	Veg	No	150	Light		1243 Very filling	0	Yes - Stomach issue
05-06-2025	Breakfast	9:45 AM	Poha	213	250	5	45	5	2	Veg	Yes	250	Tired		1358 Very filling	30	Yes - Stomach issue
05-06-2025	Lunch	12:00 PM	Vegetable Rice	250	270	6	48	5	4	Vegan	No	100	Okay		1533 Digestive discomfort	30	No
05-06-2025	Snacks	16:00 PM	Banana	148	105	1.3	27	0.3	14	Veg	No	150	Satisfied		626 Heavy	30	No
05-06-2025	Dinner	21:45 PM	Dosa	158	230	6	30	8	2	Veg	Yes	250	Okay		1557 Very filling	30	Yes - Fever
06-06-2025	Breakfast	7:15 AM	Upma	220	240	6	42	5	1	Veg	No	200	Energetic		776 Heavy	15	Yes - Fever
06-06-2025	Lunch	12:15 PM	Sambar Rice	108	310	7	50	9	3	Vegan	No	250	Okay		1370 Digestive discomfort	15	No
06-06-2025	Snacks	16:45 PM	Coffee	106	100	2	10	5	8	Vegan	Yes	200	Light		1613 No issues	0	Yes - Fever
06-06-2025	Dinner	19:00 PM	Puri with Potato	170	340	5	45	15	4	Veg	Yes	200	Satisfied		1699 Heavy	60	No
07-06-2025	Breakfast	9:00 AM	Bread with Jam	130	200	4	32	6	12	Vegan	No	250	Light		1715 No issues	0	No
07-06-2025	Lunch	14:30 PM	Brinjal Curry	231	140	3	15	7	2	Vegan	Yes	150	Sleepy		1147 Felt light	45	No
07-06-2025	Snacks	17:45 PM	Tea with Sugar	146	90	2	12	4	10	Veg	No	150	Energetic		1714 Heavy	60	Yes - Stomach issue
07-06-2025	Dinner	21:45 PM	Puri with Potato	167	340	5	45	15	4	Vegan	No	150	Satisfied		1876 No issues	15	Yes - Routine Checkup
08-06-2025	Breakfast	7:00 AM	Dosa	142	230	6	30	8	2	Vegan	No	100	Tired		1178 Loved it	0	Yes - Fever
08-06-2025	Lunch	12:15 PM	Dal	204	180	9	22	3	1	Veg	Yes	300	Satisfied		1682 Digestive discomfort	15	Yes - Stomach issue
08-06-2025	Snacks	18:15 PM	Coffee	161	100	2	10	5	8	Veg	No	200	Okay		945 Very filling	15	No
08-06-2025	Dinner	19:30 PM	Chapati with Dal	240	265	8	38	6	2	Veg	Yes	100	Sleepy		1777 Very filling	60	Yes - Stomach issue
09-06-2025	Breakfast	8:00 AM	Bread with Jam	103	200	4	32	6	12	Veg	Yes	250	Sluggish		920 Tasted good	0	No
09-06-2025	Lunch	12:45 PM	Sambar Rice	110	310	7	50	9	3	Veg	Yes	300	Satisfied		1088 Digestive discomfort	45	Yes - Stomach issue
09-06-2025	Snacks	17:15 PM	Fruit Salad	178	150	2	30	2	18	Veg	Yes	250	Light		1465 Tasted good	30	No
09-06-2025	Dinner	21:30 PM	Chapati with Dal	225	265	8	38	6	2	Vegan	No	150	Sleepy		1673 No issues	0	No
10-06-2025	Breakfast	9:15 AM	Pesarattu	237	220	10	30	5	2	Vegan	No	300	Satisfied		1105 Felt light	45	Yes - Stomach issue
10-06-2025	Lunch	13:45 PM	Palak Curry	206	120	5	10	6	3	Veg	No	150	Okay		1087 Very filling	15	No
10-06-2025	Snacks	16:15 PM	Coffee	161	100	2	10	5	8	Vegan	Yes	250	Tired		538 Digestive discomfort	15	No
10-06-2025	Dinner	19:00 PM	Chapati	125	260	8	42	7	1	Vegan	No	200	Energetic		847 Tasted good	45	No
11-06-2025	Breakfast	8:00 AM	Upma	231	240	6	42	5	1	Vegan	No	250	Satisfied		1989 Very filling	0	No
11-06-2025	Lunch	14:15 PM	Sambar Rice	172	310	7	50	9	3	Veg	Yes	150	Okay		1274 Heavy	60	Yes
11-06-2025	Snacks	18:45 PM	Apple	245	95	0.5	25	0.3	19	Vegan	Yes	300	Satisfied		946 Heavy	15	No
11-06-2025	Dinner	21:30 PM	Chapati	239	260	8	42	7	1	Vegan	No	250	Okay		1355 Heavy	15	No
12-06-2025	Breakfast	9:00 AM	Idli	182	210	6	40	2	1	Veg	No	150	Energetic		1034 Digestive discomfort	15	Yes -Routine checkup
12-06-2025	Lunch	14:15 PM	Dal	173	180	9	22	3	1	Veg	No	100	Sleepy		1645 Digestive discomfort	15	Yes - Fever
12-06-2025	Snacks	17:30 PM	Tea with Sugar	152	90	2	12	4	10	Vegan	Yes	250	Energetic		1009 Very filling	15	No
12-06-2025	Dinner	21:00 PM	Puri with Potato	231	340	5	45	15	4	Veg	No	300	Sleepy		1368 Digestive discomfort	15	Yes- Stomach issue
13-06-2025	Breakfast	8:15 AM	Bread with Jam	204	200	4	32	6	12	Vegan	Yes	100	Sluggish		1138 Digestive discomfort	15	Yes - Fever
13-06-2025	Lunch	13:30 PM	Brinjal Curry	233	140	3	15	7	2	Veg	No	200	Sleepy		853 Felt light	15	Yes -Routine checkup
13-06-2025	Snacks	16:30 PM	Biscuit	103	180	2	25	9	10	Veg	No	150	Sluggish		1755 Loved it	15	No
13-06-2025	Dinner	19:30 PM	Chapati	103	260	8	42	7	1	Vegan	No	200	Satisfied		1668 Digestive discomfort	15	No
14-06-2025	Breakfast	8:45 AM	Poha	218	250	5	45	5	2	Veg	Yes	100	Sluggish		1954 No issues	15	Yes -Routine checkup
14-06-2025	Lunch	14:30 PM	Sambar Rice	208	310	7	50	9	3	Veg	Yes	300	Sluggish		1056 Very filling	15	No
14-06-2025	Snacks	16:45 PM	Banana	128	105	1.3	27	0.3	14	Vegan	Yes	150	Okay		1481 Tasted good	15	No
14-06-2025	Dinner	19:00 PM	Puri with Potato	239	340	5	45	15	4	Vegan	No	250	Tired		1514 Tasted good	15	Yes -Routine checkup
15-06-2025	Breakfast	8:30 AM	Idli	229	210	6	40	2	1	Vegan	Yes	300	Sluggish		1346 Tasted good	15	No
15-06-2025	Lunch	14:45 PM	Vegetable Rice	187	270	6	48	5	4	Vegan	Yes	250	Tired		1244 Digestive discomfort	15	Yes -Routine checkup
15-06-2025	Snacks	17:15 PM	Coffee	166	100	2	10	5	8	Veg	Yes	200	Sluggish		570 Tasted good	15	No

15-06-2025	Dinner	21:15 PM	Idli with Sambar	219	240	7	36	3	3	Veg	No	100	Energetic	682	Digestive discomfort	15	Yes - Stomach issue
16-06-2025	Breakfast	7:15 AM	Upma	175	240	6	42	5	1	Vegan	No	100	Light	1317	Digestive discomfort	15	Yes -Routine checkup
16-06-2025	Lunch	13:45 PM	Sambar Rice	126	310	7	50	9	3	Veg	Yes	250	Light	1967	Digestive discomfort	15	No
16-06-2025	Snacks	16:15 PM	Banana	245	105	1.3	27	0.3	14	Vegan	Yes	100	Sleepy	1536	Very filling	15	Yes - Stomach issue
16-06-2025	Dinner	19:00 PM	Dosa	250	230	6	30	8	2	Vegan	Yes	100	Light	522	Heavy	15	No
17-06-2025	Breakfast	8:45 AM	Idli	104	210	6	40	2	1	Veg	No	100	Light	877	Loved it	15	Yes - Fever
17-06-2025	Lunch	13:00 PM	Sambar Rice	120	310	7	50	9	3	Veg	Yes	250	Energetic	1383	Very filling	15	No
17-06-2025	Snacks	16:00 PM	Biscuit	170	180	2	25	9	10	Vegan	No	200	Tired	1266	Very filling	15	No
17-06-2025	Dinner	21:00 PM	Chapati with Dal	213	265	8	38	6	2	Vegan	Yes	150	Tired	811	Heavy	15	Yes - Fever
18-06-2025	Breakfast	7:45 AM	Idli	171	210	6	40	2	1	Vegan	Yes	300	Sluggish	515	Tasted good	15	Yes - Fever
18-06-2025	Lunch	12:45 PM	Brinjal Curry	189	140	3	15	7	2	Veg	Yes	100	Energetic	1419	No issues	15	No
18-06-2025	Snacks	17:00 PM	Coffee	189	100	2	10	5	8	Veg	No	250	Tired	1412	No issues	15	No
18-06-2025	Dinner	20:15 PM	Idli with Sambar	130	240	7	36	3	3	Veg	No	150	Sleepy	659	Digestive discomfort	15	No
19-06-2025	Breakfast	9:45 AM	Poha	124	250	5	45	5	2	Vegan	Yes	250	Sluggish	1168	Very filling	15	No
19-06-2025	Lunch	13:30 PM	White Rice	159	260	4.5	56	0.4	0	Veg	Yes	150	Sleepy	829	Heavy	15	Yes - Fever
19-06-2025	Snacks	16:15 PM	Tea with Sugar	123	90	2	12	4	10	Veg	No	300	Okay	1761	No issues	15	Yes - Fever
19-06-2025	Dinner	21:00 PM	Idli with Sambar	106	240	7	36	3	3	Vegan	No	150	Sluggish	504	Loved it	15	No
20-06-2025	Breakfast	9:00 AM	Poha	170	250	5	45	5	2	Vegan	Yes	250	Okay	1197	Tasted good	15	No
20-06-2025	Lunch	12:15 PM	Palak Curry	134	120	5	10	6	3	Veg	Yes	100	Sluggish	1602	Digestive discomfort	15	Yes - Fever
20-06-2025	Snacks	18:45 PM	Coffee	103	100	2	10	5	8	Veg	No	300	Okay	1551	Loved it	15	No
20-06-2025	Dinner	19:45 PM	Dosa	178	230	6	30	8	2	Vegan	No	100	Sleepy	997	Felt light	15	Yes - Stomach issue
21-06-2025	Breakfast	9:00 AM	Dosa	237	230	6	30	8	2	Veg	No	150	Okay	1714	Heavy	15	Yes - Stomach issue
21-06-2025	Lunch	13:15 PM	White Rice	244	260	4.5	56	0.4	0	Veg	No	300	Light	1920	Loved it	15	Yes - Fever
21-06-2025	Snacks	17:00 PM	Apple	142	95	0.5	25	0.3	19	Veg	No	150	Sleepy	1396	Very filling	15	Yes - Fever
21-06-2025	Dinner	19:45 PM	Chapati with Dal	160	265	8	38	6	2	Veg	Yes	250	Tired	1622	Very filling	15	Yes - Stomach issue
22-06-2025	Breakfast	8:45 AM	Poha	238	250	5	45	5	2	Vegan	No	200	Light	1394	Digestive discomfort	15	Yes - Fever
22-06-2025	Lunch	14:15 PM	Palak Curry	235	120	5	10	6	3	Vegan	No	250	Okay	741	Heavy	15	No
22-06-2025	Snacks	17:00 PM	Apple	144	95	0.5	25	0.3	19	Vegan	No	200	Sluggish	1774	Felt light	15	Yes - Stomach issue
22-06-2025	Dinner	21:00 PM	Idli with Sambar	208	240	7	36	3	3	Veg	No	100	Satisfied	1586	Felt light	15	Yes - Fever
23-06-2025	Breakfast	9:00 AM	Poha	147	250	5	45	5	2	Vegan	Yes	250	Sleepy	1530	Felt light	15	No
23-06-2025	Lunch	13:45 PM	White Rice	170	260	4.5	56	0.4	0	Vegan	No	300	Satisfied	1457	Heavy	15	Yes - Stomach issue
23-06-2025	Snacks	17:30 PM	Banana	201	105	1.3	27	0.3	14	Veg	Yes	300	Sleepy	1355	Loved it	15	No
23-06-2025	Dinner	21:45 PM	Chapati	211	260	8	42	7	1	Veg	No	250	Sleepy	787	Felt light	15	Yes - Fever
24-06-2025	Breakfast	7:15 AM	Idli	219	210	6	40	2	1	Vegan	No	100	Tired	1977	Heavy	15	Yes - Stomach issue
24-06-2025	Lunch	13:45 PM	Vegetable Rice	175	270	6	48	5	4	Veg	No	100	Sluggish	1812	Loved it	15	Yes - Stomach issue
24-06-2025	Snacks	16:00 PM	Banana	204	105	1.3	27	0.3	14	Vegan	No	300	Tired	1668	Digestive discomfort	15	Yes - Fever
24-06-2025	Dinner	20:15 PM	Chapati with Dal	237	265	8	38	6	2	Veg	Yes	300	Sluggish	652	Very filling	15	Yes - Stomach issue
25-06-2025	Breakfast	7:45 AM	Pesarattu	181	220	10	30	5	2	Veg	Yes	200	Tired	767	Tasted good	15	No
25-06-2025	Lunch	14:00 PM	Vegetable Rice	220	270	6	48	5	4	Vegan	Yes	100	Okay	1157	No issues	15	Yes - Stomach issue
25-06-2025	Snacks	17:30 PM	Biscuit	190	180	2	25	9	10	Vegan	Yes	100	Energetic	1442	Digestive discomfort		Yes - Fever
25-06-2025	Dinner	21:15 PM	Chapati	179	260	8	42	7	1	Vegan	No	100	Sleepy	1635	Very filling	0	Yes - Stomach issue
26-06-2025	Breakfast	9:45 AM	Upma	102	240	6	42	5	1	Veg	Yes	200	Sleepy	1177	Very filling	45	Yes - Fever
26-06-2025	Lunch	12:00 PM	Brinjal Curry	222	140	3	15	7	2	Vegan	Yes	150	Okay	565	Digestive discomfort	30	Yes - Fever
26-06-2025	Snacks	17:00 PM	Coffee	113	100	2	10	5	8	Vegan	No	150	Satisfied	1089	Felt light	45	Yes - Stomach issue
26-06-2025	Dinner	20:45 PM	Chapati with Dal	219	265	8	38	6	2	Vegan	No	200	Tired	1781	Heavy	0	No
27-06-2025	Breakfast	9:45 AM	Idli	136	210	6	40	2	1	Veg	Yes	150	Sleepy	1714	Digestive discomfort	15	Yes - Fever
27-06-2025	Lunch	13:30 PM	Palak Curry	164	120	5	10	6	3	Vegan	No	300	Light	1861	No issues	10	Yes - Stomach issue
27-06-2025	Snacks	18:45 PM	Banana	249	105	1.3	27	0.3	14	Veg	Yes	150	Light	855	Loved it	30	Yes - Stomach issue
27-06-2025	Dinner	19:30 PM	Dosa	154	230	6	30	8	2	Veg	Yes	300	Satisfied	759	Tasted good	45	Yes - Fever
28-06-2025	Breakfast	7:15 AM	Pesarattu	222	220	10	30	5	2	Vegan	No	150	Satisfied	797	Very filling	0	No
28-06-2025	Lunch	14:30 PM	Vegetable Rice	108	270	6	48	5	4	Veg	Yes	200	Satisfied	968	Loved it	60	Yes - Stomach issue
28-06-2025	Snacks	17:00 PM	Tea with Sugar	226	90	2	12	4	10	Veg	Yes	150	Sluggish	645	Loved it	50	Yes - Fever
28-06-2025	Dinner	21:15 PM	Idli with Sambar	108	240	7	36	3	3	Veg	No	150	Tired	862	Very filling	10	No
29-06-2025	Breakfast	9:45 AM	Pesarattu	209	220	10	30	5	2	Veg	No	250	Light	1219	Felt light	30	No
29-06-2025	Lunch	14:00 PM	Sambar Rice	181	310	7	50	9	3	Veg	No	150	Tired	668	Loved it	0	Yes - Fever
29-06-2025	Snacks	16:45 PM	Coffee	166	100	2	10	5	8	Vegan	Yes	250	Light	870	Felt light	45	Yes - Stomach issue
29-06-2025	Dinner	20:00 PM	Chapati with Dal	149	265	8	38	6	2	Vegan	Yes	200	Satisfied	537	Heavy	60	Yes - Stomach issue
30-06-2025	Breakfast	9:00 AM	Dosa	168	230	6	30	8	2	Veg	Yes	150	Tired	655	Felt light	15	Yes - Fever
30-06-2025	Lunch	14:00 PM	White Rice	132	260	4.5	56	0.4	0	Veg	Yes	100	Sluggish	1305	Tasted good	30	Yes - Stomach issue
30-06-2025	Snacks	18:45 PM	Fruit Salad	211	150	2	30	2	18	Vegan	Yes	100	Sleepy	929	Felt light	0	Yes - Stomach issue

30-06-2025	Dinner	20:45 PM	Puri with Potato	246	340	5	45	15	4	Veg	No	250	Okay	1587	Loved it	45	Yes - Fever	
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