







				12:00
TRA	ACK YOUR B	REAKFAST		
	Breakfast Item	Qty	Calorie	
Image: section of the		1.0serving piece)		
	Dosa(Plair	1.0serving piece)	302 Cal	
	Wheat Chapati	3.0 piece		
	Tea	1.0 servung	73 <i>C</i> al	
	Banana	1.0 small	117 Cal	
	Cow's milk	1.0 glass	167 Cal	
	Boiled Ega	1.0 servina	86.4 Cal	

				12.00
TR	ACK YOUR LI	JNCH		^
	Item	Qty	Calorie	
Ø	Plain rice	1.0katori	173 <i>C</i> al	
	Tur dal	1.0katori	134 <i>C</i> al	
	Roti	2.0 piece	97 Cal	_ _ _
	Curd rice	1.0 serving	176 Cal	
	Mixed Vegetable	1.0 cup	82 Cal	
	Sambar	1.0 cup	83 <i>C</i> al	
	Moong dal	1.0 bowl	342 Cal	<b>~</b>

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TRACK Y	OUR DI	INNER	<b>\$</b> ■	12:00
Item		Qty	Calorie	
Øre gran	en n	1.0 cup	138 <i>C</i> al	
Red gran		<del>1.0 cup</del>	115 Cal	-
Dosa	(Plain)	2.0 piece	302 Cal	
Sam	bar	1.0 cup	83 <i>C</i> al	
□ Sau vege	teed gies	1.0 cup	123 <i>C</i> al	
Blac	1	1.0 cup	132 <i>C</i> al	<u></u>

