













TRACK YOUR DINNER

	Item	Qty	Calorie
<input checked="" type="checkbox"/>	Green gram Dal	1.0 cup	138 Cal
<input type="checkbox"/>	Red gram Dal	1.0 cup	115 Cal
<input type="checkbox"/>	Dosa(Plain)	2.0 piece	302 Cal
<input type="checkbox"/>	Sambar	1.0 cup	83 Cal
<input type="checkbox"/>	Sauteed veggies	1.0 cup	123 Cal
<input type="checkbox"/>	Black Dal	1.0 cup	132 Cal

