



Report Parameters

Select a Date : 06/16/2021

- Breakfast
- Lunch
- Dinner
- Morning Snack
- Afternoon Snack
- Evening Snack

Daily Food Log

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This report shows, for the day and meals selected, the foods you have recorded under Track Diet.

Entries for 06/16/2021

Breakfast

Oats, Dry	0.05 c.	30.342 kcal
Peanut Butter, Smooth	1 T.	95.68 kcal
Honey	1 T.	63.84 kcal
Strawberries (Strawberry)	0.05 c.	2.304 kcal

Entries for 06/16/2021

Lunch

Chicken Salad	2 c.	811.72 kcal
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Entries for 06/16/2021

Dinner

Chicken, Broiler or Fryer, Breast, Boneless, Meat Only, Grilled	6 oz.	256.848 kcal
Rice, White, Long Grain, Enriched, Instant, Boiled	0.5 c.	102.3 kcal
Vegetables, Mixed, Frozen, Boiled, Drained	0.5 c.	59.15 kcal

Total: 1,422.184 kcal