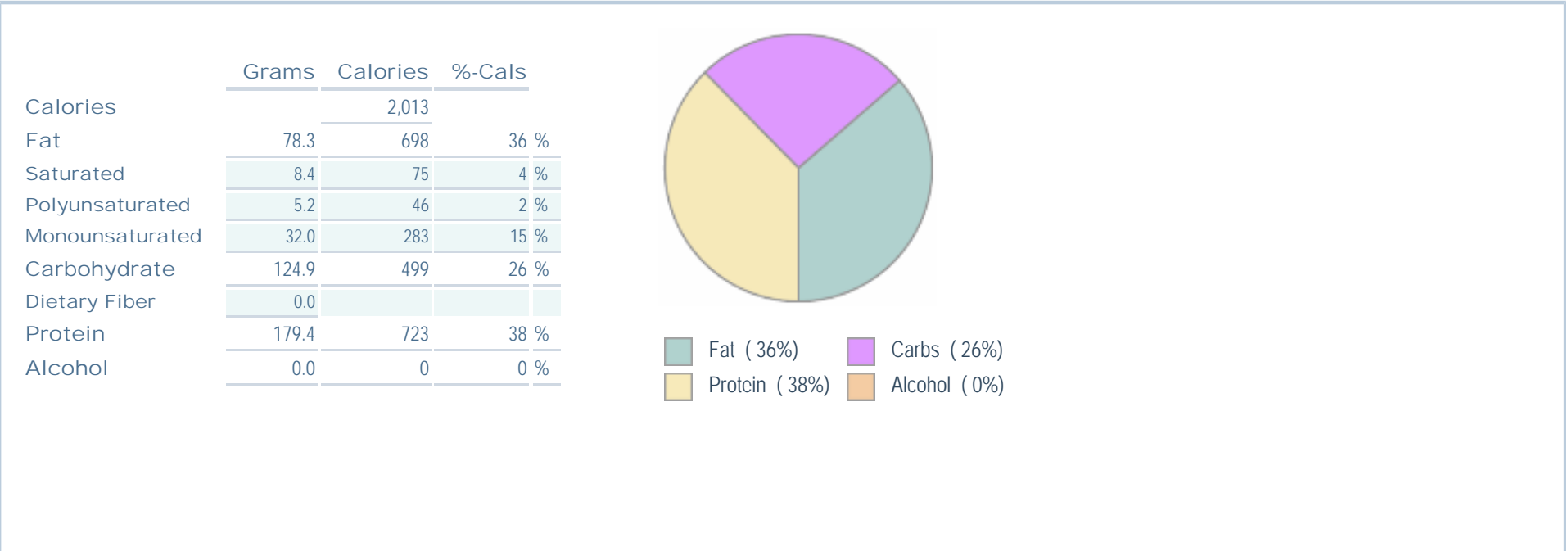


Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
		Total	2,013	78.3	124.9	179.4	
bodytech pro 24 whey protein	2	serving	240	2.0	6.0	48.0	
Egg, white only, cooked	3	large egg white	51	0.2	0.7	10.7	
Egg, whole, cooked	1	large	83	6.1	0.6	6.1	
valley fresh steam: cheesy rice and broc	1	serving	300	5.0	56.0	10.0	
valley fresh steam: roasted red pot and grn beans &rosemary ...	1	serving	250	2.5	32.5	7.5	
Olive oil	3	tablespoon	358	40.5	0.0	0.0	
miracle whip light kraft	3	serving	60	4.5	6.0	0.0	
bumble bee- soild white albacore 5 Oz	2	serving	240	4.0	0.0	52.0	
turkey burger jennie o 1 bugr	1	serving	160	9.0	0.0	18.0	
great value chicken	1	serving	110	2.5	0.0	23.0	
quaker instant oatml-maple and brwn sugar	1	serving	160	2.0	23.0	4.0	
		Total	2,013	78.3	124.9	179.4	

Calories



Description

This pie chart shows the breakdown of your average daily calorie intake by fat, carbohydrate, protein and alcohol