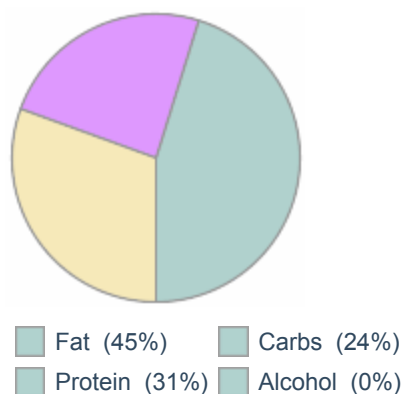




Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
Total			1,401	72.7	87.1	105.6	
Oats, raw	0.25	cup	78	1.3	13.6	3.2	
Yogurt, plain	0.25	cup (8 fl oz)	39	0.9	4.3	3.2	
Egg, whole, boiled	1	egg	77	5.3	0.6	6.3	
Apple, raw	1	medium (2-3/4" dia) (approx 3 per lb)	72	0.2	19.1	0.4	
Chicken, breast, roasted, broiled, or baked	100	grams	195	7.7	0.0	29.6	
Spinach, raw	2	cup	14	0.2	2.2	1.7	
Cheese, Cheddar or American type	25	grams	90	7.1	1.3	5.2	
Tomatoes, raw	50	grams	9	0.1	2.0	0.4	
Cucumber, raw	50	grams	6	0.1	1.1	0.3	
Egg, whole, boiled	1	egg	77	5.3	0.6	6.3	
Vinegar, balsamic	1	tbsp	14	0.0	2.7	0.1	
Crackers, rice	2	cracker	23	0.3	4.5	0.4	
Peanut butter	2	tablespoon	188	16.1	6.3	8.0	
Almonds	1	oz (22 whole kernels)	164	14.4	5.6	6.0	
Sweet potato, cooked, boiled, without skin (a.k.a. Sweetpota...	100	grams	76	0.1	17.7	1.4	
Broccoli, raw	1	cup	30	0.3	5.8	2.5	
Beef, loin, bottom sirloin butt, tri-tip steak, separable le...	100	grams	250	13.2	0.0	30.7	
Total			1,401	72.7	87.1	105.6	

Calories

	Grams	Calories	%-Cals
Calories		1,401	
Fat	72.7	632	45 %
Saturated	20.1	177	13 %
Polyunsaturated	12.6	108	8 %
Monounsaturated	33.5	291	21 %
Carbohydrate	87.1	339	24 %
Dietary Fiber	17.7		
Protein	105.6	427	31 %
Alcohol	0.0	0	0 %



Description

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