

Start Date: Jul 14 2012

Days To Show: 1

For: 7/14/2012

Show All Nutrients

Show Calories/Fat Protein/Carbohydrates Only

UPDATE

PRINT

SATURDAY, JULY 14, 2012

BREAKFAST

	Calories	Fat	Carbohydrates	Protein
Harraways Rolled Oats, 138 gram(s)	442	7	78	19
Dairy Dale Milk 100ml, 300 gram(s)	186	10	14	10
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Dole Fruit Mix in Juice 432g, 1 serving	200	1	40	1
Nutratch Nutrawhey Mixed Berries, 66 gram(s)	279	4	5	51
MEAL TOTALS:	1,293	31	151	90

LUNCH

	Calories	Fat	Carbohydrates	Protein
Dairy Dale Milk 100ml, 300 gram(s)	186	10	14	10
Kohinoor Rice Treat Butter Chicken Sauce 250g, 0.5 serving	459	10	82	10
Nutratch Nutrawhey Mixed Berries, 66 gram(s)	279	4	5	51
MEAL TOTALS:	924	23	101	71

DINNER

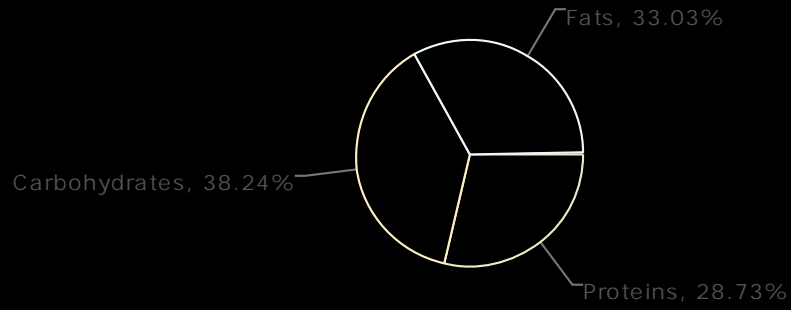
	Calories	Fat	Carbohydrates	Protein
Nutratch Nutrawhey Mixed Berries, 66 gram(s)	279	4	5	51
Dairy Dale Milk 100ml, 300 gram(s)	186	10	14	10
Pizza Hut Large thin 'n crispy Hawaiian (1 slice), 8 serving	1,272	32	130	54
Pizza Hut Chicken Wings (5pc), 1 serving	488	32	14	36
Lupi Mild taste Olive Oil 15ml, 2 serving	246	27	0	0
	2,471	104	162	150

SNACK

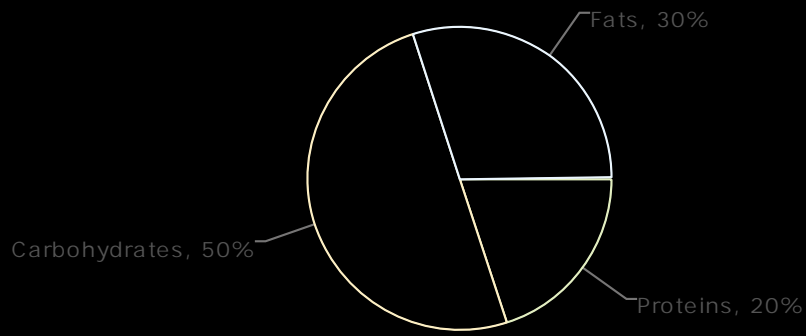
	Calories	Fat	Carbohydrates	Protein
None				
	4,688	159	414	311
	2958 - 2958	98 - 98	221 - 221	295 - 295

Where your calories are coming from

Your Values



Recommended Values



[Export Data To File](#)