

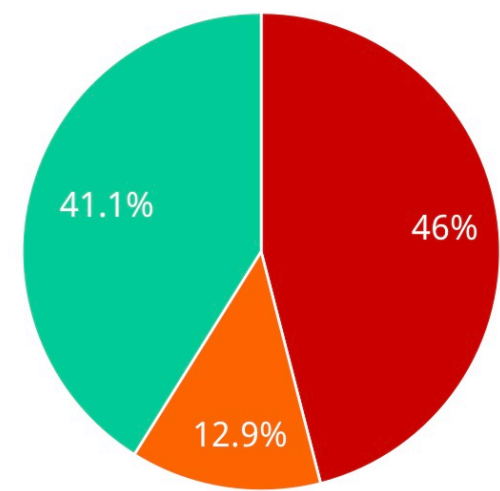


- Ideas**
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- Food Diary Settings
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Meal	Cals	%
 Breakfast	670	46%
 Lunch	187.7	12.9%
 Supper	598.8	41.1%
Total	1456.5	100%

- Breakfast
- Lunch
- Supper



Nutrition Profile

Actual	Grams	Cals	%
Carbohydrate	170.8	640.5	44.6
- Sugars	115.7	433.8	30.2
- Starch	55.1	206.8	14.4
Protein	82.2	328.6	22.9
Fat	52.0	468.3	32.6
- Saturated	9.3	83.7	5.8
- Unsaturated	42.7	384.6	26.8
Alcohol (0 units)	0.0	0.0	0.0

- Carbohydrate
- Protein
- Fat

