



Plan

Food

Exercise

Details

Diabetes

Chart

Report

Community

Account



Meal Planner



My Foods



New Food



Food Details



Undo



Redo



Delete Row



Print



Select Nutrients



Help Video



Help

Consumed Food	Consumed Amount	Plan	Amounts	Cals kcal	Fat g	Carbs g	Protein g	Diabetes Carbs g	Time
Breakfast Same Recent Recipe				488	32	2	46	2	
roasted lamb	5.5oz		156g	402	26	0	40	0	6:20AM
nappa cabbage	serving		28g	10	0	2	1	2	6:20AM
goat cheese	oz		28g	76	6	0	5	0	6:20AM
Lunch Same Recent Recipe				682	46	30	50	23	
daikon									6:21AM
so delicious toasted	10 tablespoon		106g	175	15	23	3	16	6:21AM
blue hill bay herring fillets in wine marinade	5 pieces		55g	105	5	7	8	7	6:21AM
Foods logged: 7	6 amounts			1170	77	32	96	25	
Remained from daily food targets:				3338	98	476	129		
Calories ratio:					58%	10%	32%		