



**VIEW PROFILE**

**Fitness Foodie**

ilovefitness@gmail.com



**Diary**



**Exercise**



## Diary

1,500

GOAL

-

0

FOOD

+

0

EXERCISE

=

1,500

REMAINING

## BREAKFAST

182

Scrambled Eggs

2 eggs

182

Add



## LUNCH

0

Add



## DINNER

0

Add



## SNACK

0

Add



## WATER

Add

VIEW DAILY  
SUMMARYVIEW WEEKLY  
SUMMARY

Diary



Exercise



Profile



Search food

## RECENTS

Scrambled Eggs

2 eggs

182

Jasmine Rice

1 cup

238



 Scrambled Eggs

Calories	182
Serving Size	1 egg
Number of Servings	2

**MACROS**

Protein	13g
Carbohydrates	2g
Fat	15g

 Jasmine Rice

Calories	283
Serving Size	1 cup
Number of Servings	1

## MACROS

Protein	5g
Carbohydrates	50g
Fat	2g



Serving Size 1 cup

Number of Servings 1

← Profile



**Fitness Foodie**

ilovefitness@gmail.com

**GOALS**

Calorie Goal 1,500

Water Goal 2 litres

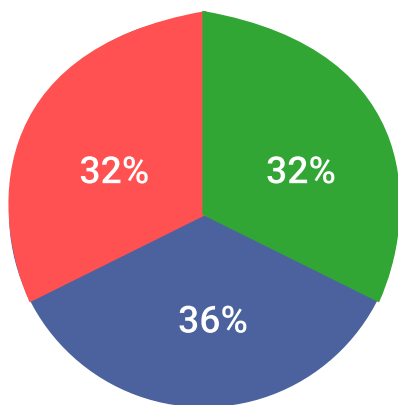
# ← Daily View

Saturday, May 29th 2021

Calories 1,629

Water 1.5 litres

## MACROS



**Protein** (124g) 32%

**Carbohydrates** (122g) 32%

**Fat** (62g) 36%





Calories

182

Serving Size

1 egg

CANCEL

OK



Calories

283

## Serving Size

1 oz

---

1 cup

---

1 g

CANCEL

OK



Serving Size

1 cup

Serving Size

1 oz



1 cup



1 litre

CANCEL

OK





### Calorie Goal

\_\_\_\_\_

CANCEL

OK

Water Goal

2 litres

+ 1 2 3 %

- 4 5 6 \_

\* 7 8 9 ×

/ 0 = . 🔍

ABC , @?#





## Water Goal

1

CANCEL

OK

Water Goal

2 litres

+ 1 2 3 %

- 4 5 6 \_

\* 7 8 9

/ 0 = . ×

ABC , @?#

= .





Calories

182

### Number of Servings

CANCEL

OK

Fat

15g

+ 1 2 3 %

- 4 5 6 \_

\* 7 8 9 ×

/ 0 = .

ABC , @?#

=

.





Calories

283

### Number of Servings

CANCEL

OK

Fat

2g

+ 1 2 3 %

- 4 5 6 \_

\* 7 8 9 ×

/ 0 = . 🔍

ABC , @?#

= .





Serving Size

1 cup

### Number of Servings

CANCEL

OK

+ 1 2 3 %

- 4 5 6 \_

\* 7 8 9

/ 0 = . ✕

ABC , @?#

= .

