

dietfam

Monday, 11 May 2026 · Alex

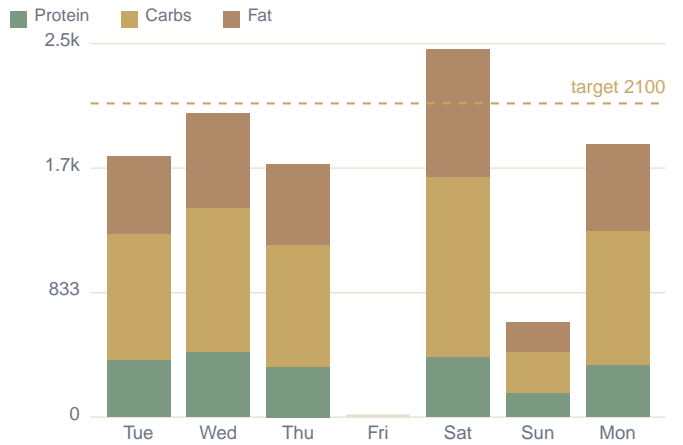
SUMMARY

Three meals plus a lunch walk — 1,920 in, 105 out. Protein landed at 88g, short of the 130 target. Sources like prawns, eggs, or skyr are easy ways to lift it if you want. Sarah submitted earlier — 4-day streak for both.

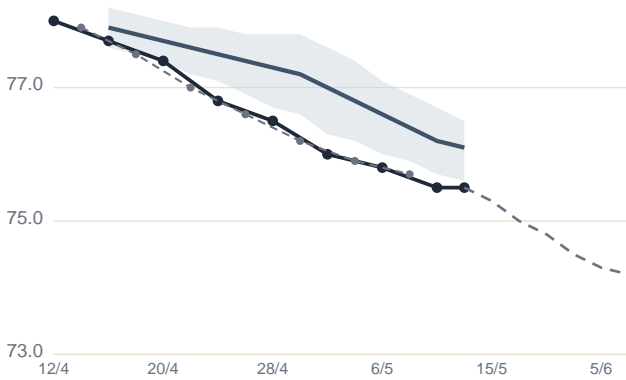
TODAY

Calories in	1,920 kcal 91% of 2100 target
Calories out	105 kcal exercise only
Protein	88g 67% of 130g target
Carbs	225g
Fat	64g
Weight	75.5 kg logged today
Logged	6 of 7 days
Pair (Sarah)	submitted 4-day shared streak

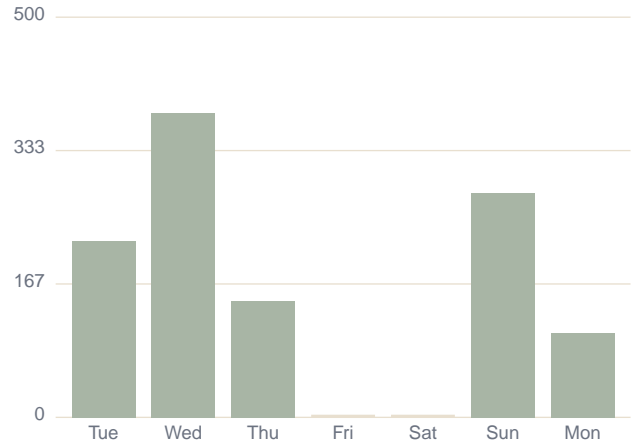
CALORIES BY MACRO — LAST 7 DAYS



WEIGHT — 30 DAYS · 10-DAY AVG + RANGE · PROJECTION



ACTIVITY — KCAL BURNED LAST 7 DAYS



MICRONUTRIENT BASICS — TODAY

SODIUM 1840 mg ~80% of 2300 guideline	FIBRE 22 g ~73% of 30g guideline	SUGAR 61 g ~203% of 30g guideline	SAT FAT 18 g ~60% of 30g guideline
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