

MyFoodList Report

The MyFoodList Report shows the foods you have entered and their calories.

Profile Info

Personal: Jesus Mojica Male 39 yrs 5 ft 8 in 210 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 31.9

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Amount	Item	Cals
<i>Day 1</i>		
1.0 cup	scrambled eggs (USDA)	328
2.0 slice	bacon, original, center cut (Oscar Mayer)	60
2.0 ea	hash browns, patty (USDA: Fast Food)	288
1.0 lrg	french fries (USDA: McDonald's)	497
10.0 pce	chicken nuggets, McNuggets (USDA: McDonald's)	480
4.0 cup	water, distilled	0
1.0 cup	salad, shrimp, food service (Orval Kent)	340
<i>Day Total</i>		<i>1994</i>
<i>Day 2</i>		
1.0 ea	protein bar, chocolate peanut butter, Protein Plus (Power Bar)	210
1.0 ea	chicken breast, roasted, skinless (USDA)	142
2.0 cup	rice, white, cooked, long grain, enriched (USDA)	411
3.0 ea	taco shell, crispy corn (Chipotle)	210
1.5 cup	salad mix, leafy romaine (Dole)	15
8.0 fl-oz	water, municipal tap (USDA)	0
113.4 g	tortilla chips (Chipotle)	570
1.0 dry	soup, ramen noodle, dry (USDA)	189
<i>Day Total</i>		<i>1747</i>
<i>Day 3</i>		
1.0 order	biscuit, with gravy (Whataburger)	470
1.0 cup	scrambled eggs (USDA)	328
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0 ea	sandwich, turkey, with white	346
15.0 ea	potato chips, classic (Lays)	160
2.0 btl	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0 ea	candy, milk chocolate peanut, M&M's, fun size (USDA: Mars)	93
1.0 btl	water, Dasani, non-carbonated (USDA: Coca Cola)	0
1.0 entree	orange chicken (Panda Express)	380
1.0 entree	chicken teriyaki, grilled (Panda Express)	300
1.0 side	fried rice (Panda Express)	520
2.0 btl	water, Dasani, non-carbonated (USDA: Coca Cola)	0
<i>Day Total</i>		<i>2596</i>
Total		6337
Day Average		2112
Item Average		235