



Adrian

MyDietAnalysis

Profiles

Diet

Activity

Reports

My Diet



Steven Street

Maintain weight

Active

2,200 Cal

1. Find or create food, then add to diet



Search

Quick select

Create food

Create recipe

Select meal to add food

Breakfast

Add to diet

Search by name, brand or description

Limit search to



Select filters

Search results: 10 items

| Food | Serving | Cal | Info |
|--|---------|-----|------|
| <input type="checkbox"/> English muffin, whole wheat, toasted (US) | 1 slice | 88 | |

2. Add days and refine diet — Day 1



Day 1

+



Add food to other days

Delete

Select days

Add to days

▼ Breakfast

| Food | Amount | Unit | Info | Cal |
|---|--------|-------|------|-----|
| <input type="checkbox"/> Bread, wheat, toasted, with milk | 10 | slice | | 658 |

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Benjamin Cummings,Esha



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