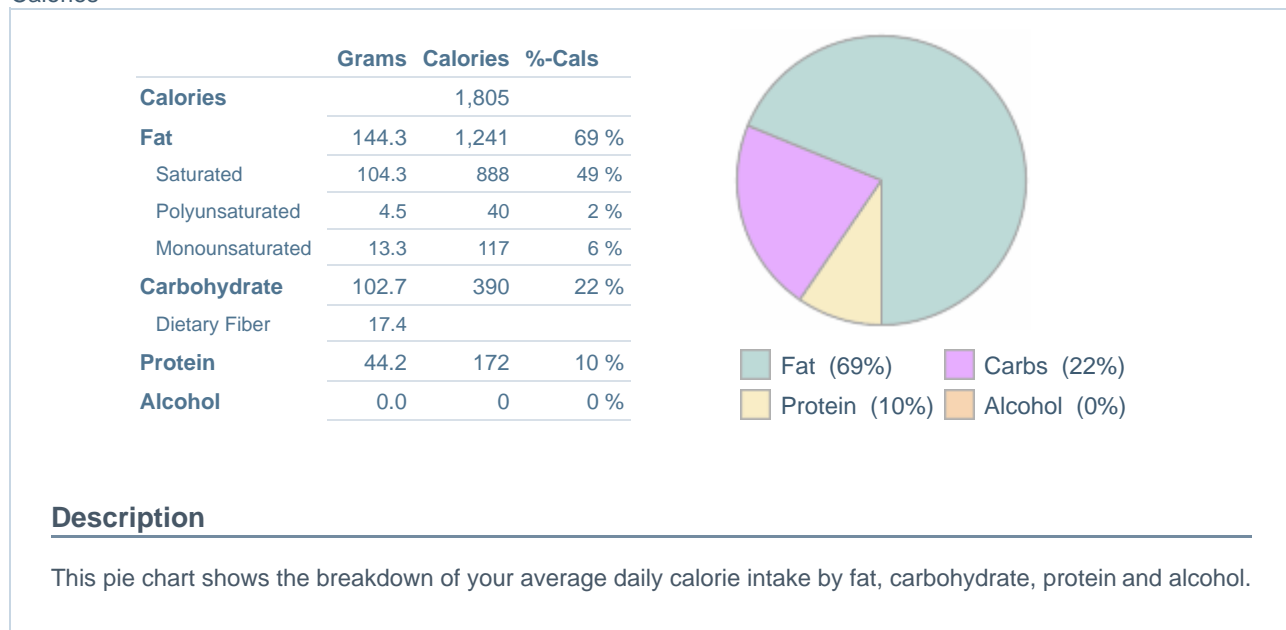




Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
<b>Total</b>			<b>1,805</b>	<b>144.3</b>	<b>102.7</b>	<b>44.2</b>	
Coconut oil	4	tablespoon	469	54.4	0.0	0.0	
Coconut milk (liquid expressed from grated coconut meat, wat...	1	cup	552	57.2	13.3	5.5	
almond milk unsweetened fluid	1	serving	39	3.0	2.0	1.0	
Egg, whole, raw	4	large	286	19.9	1.5	25.2	
Banana, raw	2	medium (7" to 7-7/8" long)	210	0.8	53.9	2.6	
Flour, Coconut (1/4 cup)	1	serving	123	3.0	20.0	4.0	
Cocoa Powder, Unsweetened, Non-Alkalai Processed (per TBSP)	6	serving	126	6.0	12.0	6.0	
<b>Total</b>			<b>1,805</b>	<b>144.3</b>	<b>102.7</b>	<b>44.2</b>	

#### Calories



#### Description

This pie chart shows the breakdown of your average daily calorie intake by fat, carbohydrate, protein and alcohol.

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