Login

✉ abasse.shane@gmail.com

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Forgot Password ?

LOGIN

Create New Account

—— OR ——

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Register

✉ abasse.shane@gmail.com

🔑 ······

🔑 ······

REGISTER

Already have an Account ?

—— OR ——

G

Edit Profile

👤 Full Name

⚥ Gender ⌄

↕ Height (cm)

⚖ Weight (kg)

⚡ Physical Activity Level ⌄

🏃 Age

UPDATE PROFILE

User Info

Height: _____ cm

Weight: _____ kg

Date of birth: _____ DD/MM/YYYY

Physical activities in a week (h): _____

Goal: _____

Save

SnapEat

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Result

Chicken burger

Get Nutritional facts

Get similar recommendations

Nutritional Facts

Nutrition Facts

Serving Size	1 sandwich
	Per serve
Energy	1140 kJ
	272 kcal
Protein	12.32g
Fat	9.77g
Saturated Fat	3.563g
Polyunsaturated Fat	1.000g
Monounsaturated Fat	3.405g
Cholesterol	30mg
Carbohydrates	34.25g
Sugar	6.7g
Fibre	2.3g
Sodium	534mg
Potassium	251mg

Nutritional Summary:

Cals	Fat	Carbs	Prot
272	9.77g	34.25g	12.32g

There are **272 calories** in 1 Hamburger (Single Patty with Condiments).

Calorie Breakdown: **32% fat**, 50% carbs, 18% prot.

Nutritional recommendations

Zigzag diet schedule

	Mild weight loss	Weight loss
Sunday	2,006 Calories	1,521 Calories
Monday	1,656 Calories	1,500 Calories
Tuesday	1,656 Calories	1,500 Calories
Wednesday	1,656 Calories	1,500 Calories
Thursday	1,656 Calories	1,500 Calories
Friday	1,656 Calories	1,500 Calories
Saturday	2,006 Calories	1,521 Calories

SnapEat

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Nutritional Advice

Daily Calories to consume to maintain weight: 2546

	Mild Weight Loss
Sunday	2546
Monday	2113
Tuesday	2113
Wednesday	2113
Thursday	2113
Friday	2113
Saturday	2546

Profile Updated

Insert Food Details

Restoran Samudra Raya

noodles

48, Persiaran Sci 2/1, Sunway City, 31150 Ulu Kinta, Perak

4.621049557768969

101.15007565305238

INSERT FOOD INFO

VIEW FOOD

Restaurant Details inserted

Marry Brown TF Mart

2, Jalan SCI 2/2, 31150 Ipoh, Perak, Malaysia

1km

KFC Sunway Tambun

Persiaran Sci 2/1, Sunway City, 31150 Ipoh, Perak, Malaysia

1.5km

Mc Donalds Sunway City

McDonald's Sunway City Ipoh Ipoh, Perak, Malaysia

3km

Dates

Calories consumed per day

On average, your calorie consumed was 1035 lower than your optimal calorie for this period. You should eat more

System Architecture Diagram