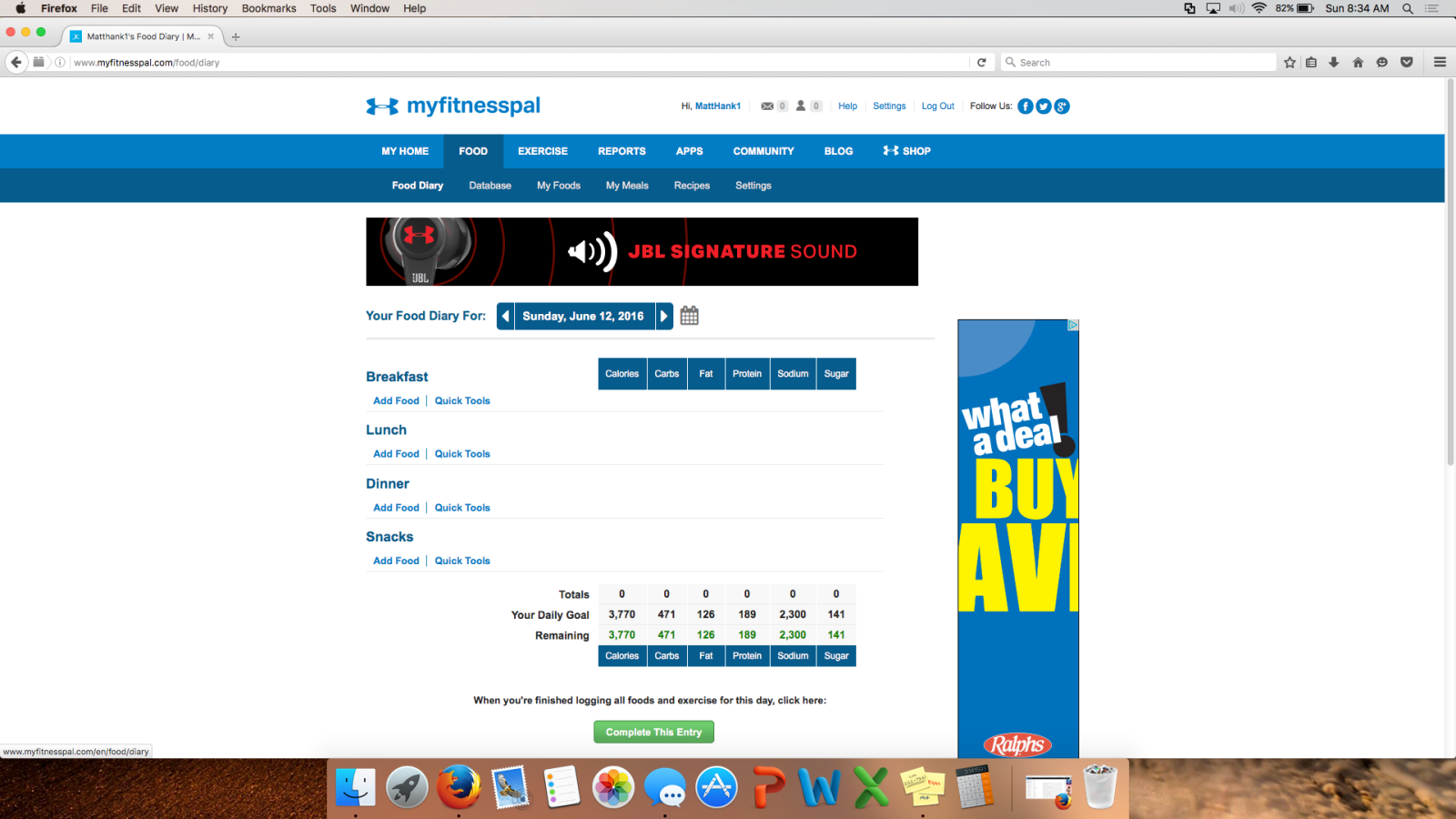
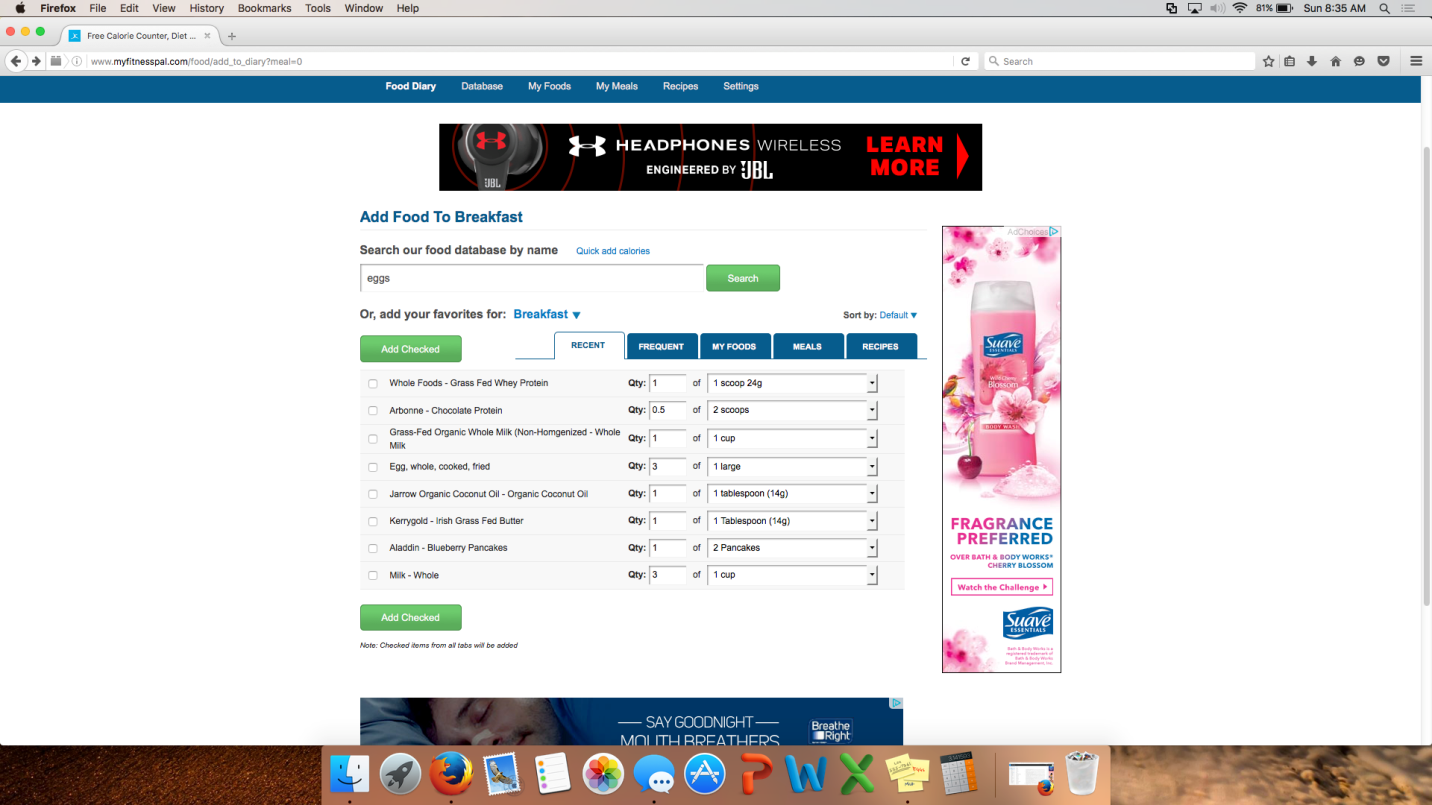
Here are some steps for entering food items:

1- Home page for your myfitnesspal account



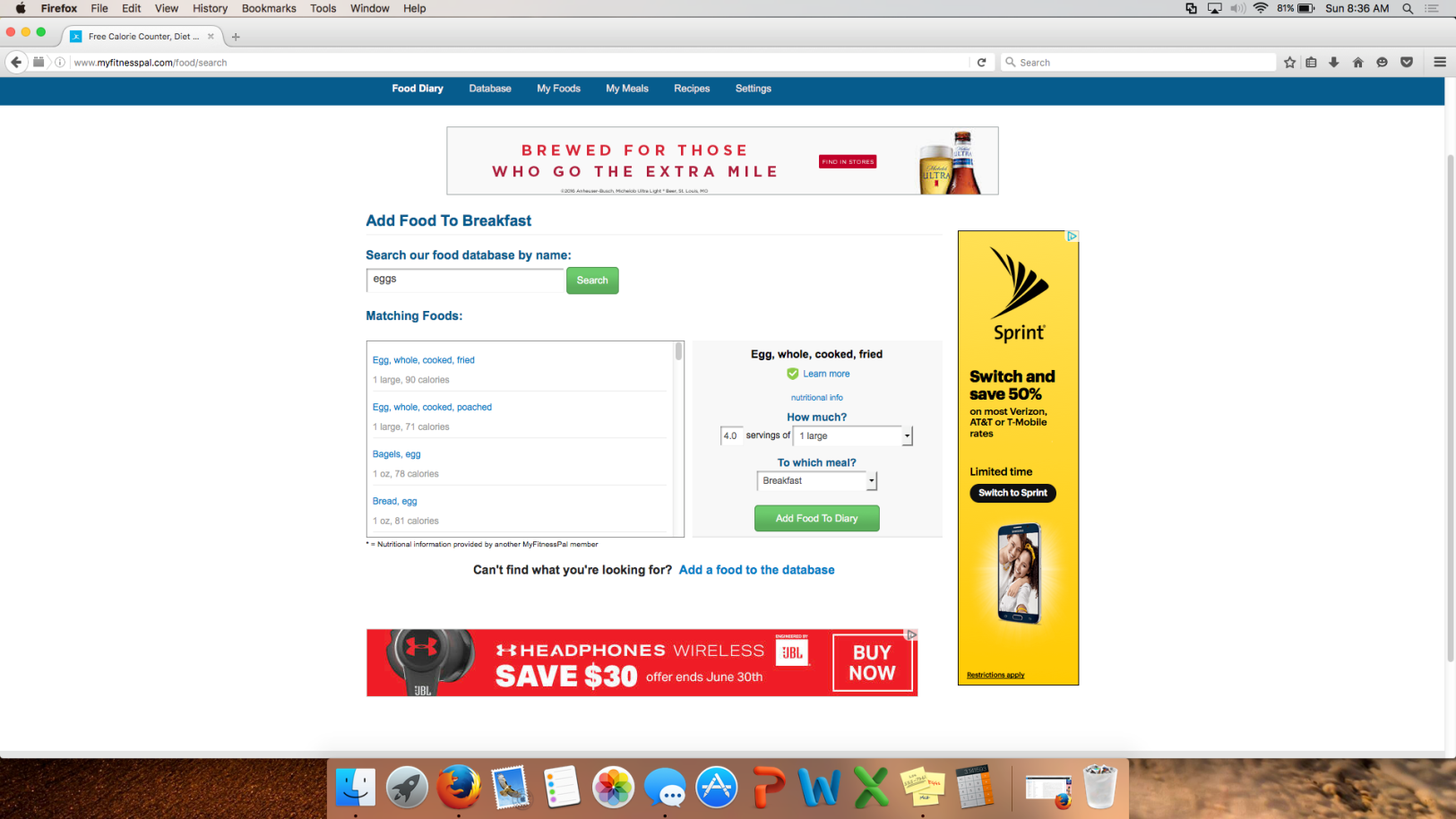
I selected “Add food” under the “Breakfast” category

2 - Entering a specific food item



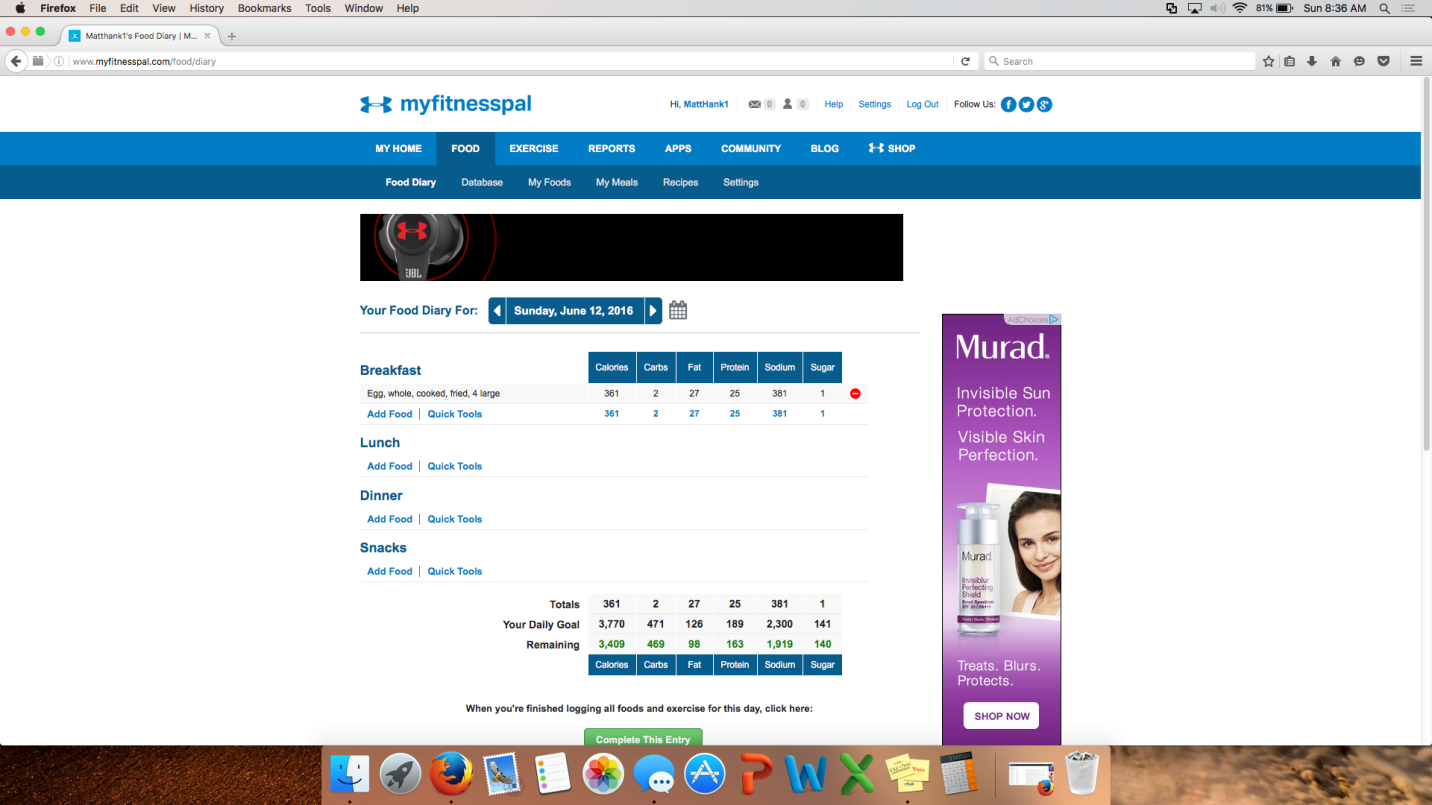
I typed in “eggs”

3 - Selecting the food item

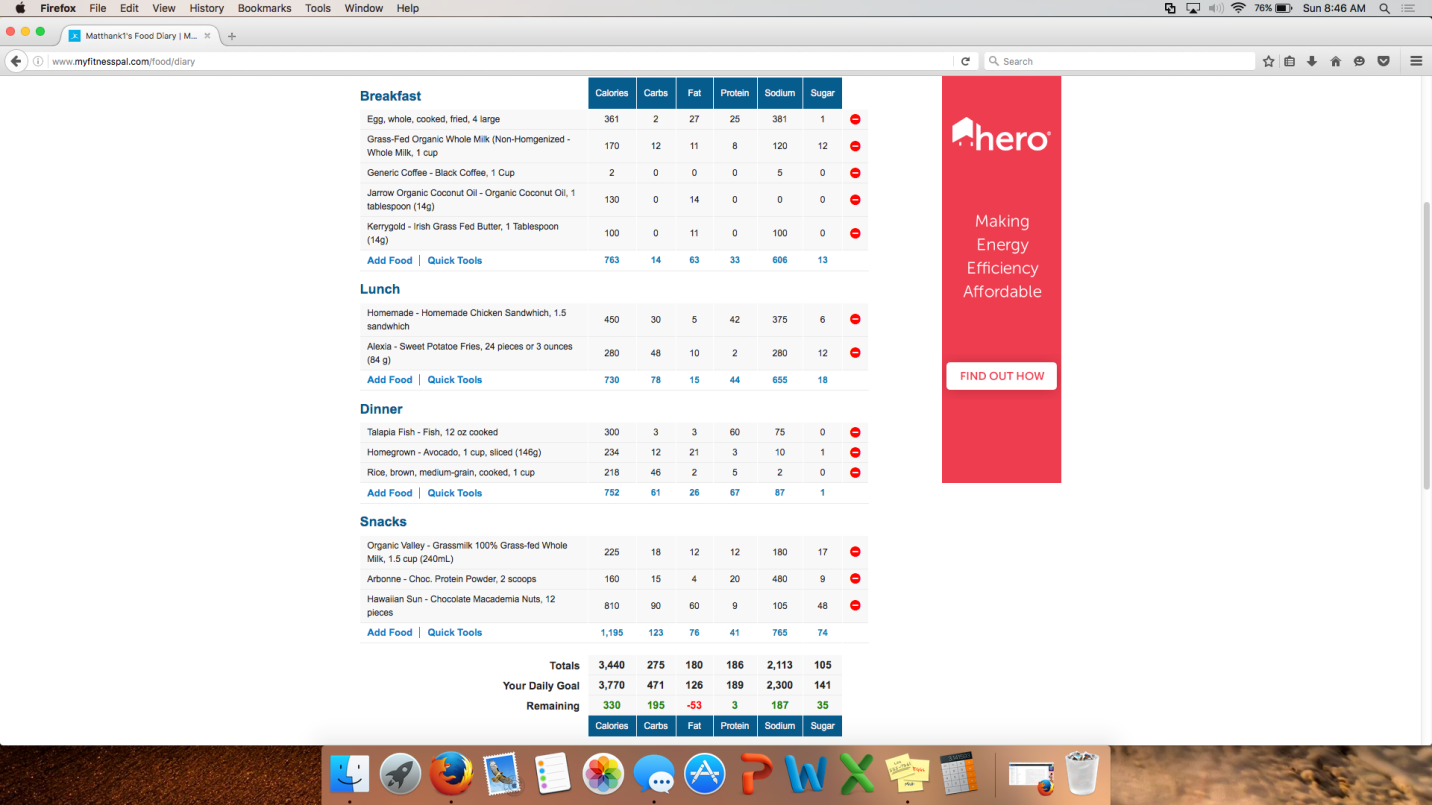


I clicked the first item that came up “egg, whole, cooked, fried”. Then I clicked “add foods to diary”

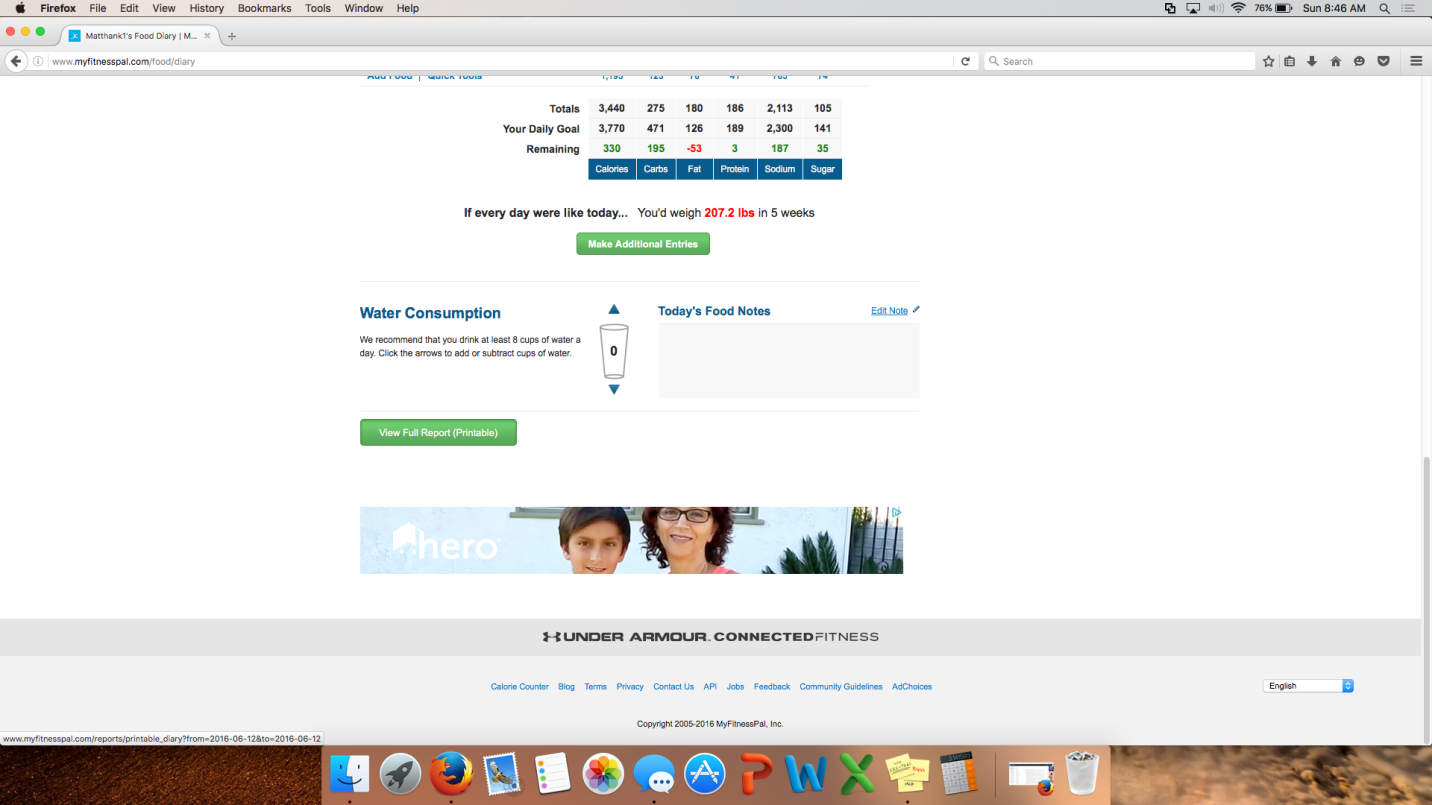
4 - Viewing the food entry



5 - Completed food diary for Day #1



Now you can view the macronutrients for each meal and for the entire day



6 - Printable Diary

