

<  Aug 15 >

Completed 

 FOOD  EXERCISE  BIOMETRIC  NOTE

 FAST



Exercise, Biometrics -86 kcal • 0 g protein • 0 g carbs • 0 g fat

06:10		Weight	134.8	lbs		
15:00		General Walking, Light	40	minutes	-85.6	kcal

Meal1 6 kcal • 1 g protein • 3 g carbs • 0 g fat

06:39		Coffee	600	g	6	kcal
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Meal2 1034 kcal • 45 g protein • 112 g carbs • 48 g fat

16:40		Extra Virgin Olive Oil	11.4	g	100.78	kcal
16:40		Celery, Raw	246	g	36.9	kcal
16:40		Spring greens	63	g	20.16	kcal
16:40		Tomato, Red, Raw	86	g	15.48	kcal
16:40		Salt	2	g	0	kcal
16:40		Black Pepper, Ground	0.1	g	0.25	kcal
16:40		Ginger, Ground	1	g	3.35	kcal
16:40		Garlic, Raw	5	g	7.45	kcal
16:40		Sainsbury's Organic Mixed Herbs	0.1	g	0.28	kcal
16:40		Quinoa - white, dry	100	g	368	kcal
16:40		Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	103	g	238.96	kcal
16:40		Avocados, Raw, All Commercial Varieties	98	g	156.8	kcal
16:40		Blueberry, Raw	150	g	85.5	kcal

Meal3 209 kcal • 5 g protein • 19 g carbs • 14 g fat

18:10		Apple, Fresh, Without Skin	106	g	50.88	kcal
18:10		Mixed nuts with peanuts dgm	26	g	157.82	kcal



Meal4		1028 kcal • 43 g protein • 102 g carbs • 53 g fat				
19:30		Avocado Oil	11.8	g	104.31	kcal
19:30		Courgette, Raw	194	g	32.98	kcal
19:30		Peas, Green, Frozen, Unprepared	99	g	76.23	kcal
19:30		Sainsbury's, Sumac	0.5	g	1.62	kcal
19:30		Curry Powder	1	g	3.25	kcal
19:30		Salt	2	g	0	kcal
19:30		Black Pepper, Ground	0.1	g	0.25	kcal
19:30		Eggs, Cooked	57	g	88.35	kcal
19:30		Peanut Butter, Chunk Style, with Salt	37	g	217.93	kcal
19:30		Quinoa - red, dry	50	g	184	kcal
19:30		Einkorn	50	g	190	kcal
19:30		Flax seeds	15	g	77.1	kcal
19:30		Extra Virgin Olive Oil	5.7	g	50.39	kcal
19:30		Apple Cider Vinegar	5.6	g	1.18	kcal
19:30		Salt	2	g	0	kcal
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Over

Targets

CONSUMED ↕

Energy	2276 (2191 net) / 2000 kcal	⚠	114%
Protein	94.2 / 54.0 g	⚠	174%

Carbs	235.97 g
Fat	115.9 g

Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General						
Energy	2276.2 kcal					114%
Oxalate	435.9 mg	-	-	-	-	-
Phytate	3209.6 mg	-	-	-	-	-

Carbohydrates					
Carbs	236.0 g	-	-	-	-
Net Carbs	181.2 g	-	-	-	-
Fiber	52.4 g				175%
Insoluble Fiber	25.9 g	-	-	-	-
Soluble Fiber	7.3 g	-	-	-	-
Starch	88.8 g	-	-	-	-

Lipids					
Fat	115.9 g	-	-	-	-
Omega-3	4.3 g				1709%

ALA	4.1 g	-	-	-	-	-	
DHA	0.1 g	-	-	-	-	-	
EPA	0.0 g	-	-	-	-	-	
Omega-6	22.9 g						286%
AA	0.1 g	-	-	-	-	-	
LA	15.8 g	-	-	-	-	-	
Saturated	19.1 g						95%
Cholesterol	349.6 mg						117%

Protein

Protein	94.2 g						174%
Alanine	5.6 g	-	-	-	-	-	
Arginine	8.7 g	-	-	-	-	-	
Aspartic acid	11.0 g	-	-	-	-	-	
Cystine	2.2 g	-	-	-	-	-	
Glutamic acid	32.4 g	-	-	-	-	-	
Histidine	3.3 g						382%
Hydroxyproline	- g	-	-	-	-	-	
Isoleucine	4.8 g						416%
Leucine	9.2 g						361%
Lysine	6.1 g						265%
Methionine	2.5 g						382%
Phenylalanine	6.2 g						257%
Proline	8.3 g	-	-	-	-	-	
Serine	6.1 g	-	-	-	-	-	
Threonine	4.4 g						359%
Tryptophan	1.6 g						513%
Tyrosine	3.7 g	-	-	-	-	-	

Valine

5.7 g



391%

Vitamins

B1 (Thiamine)

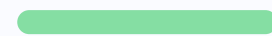
1.8 mg



199%

B2 (Riboflavin)

2.5 mg



193%

B3 (Niacin)

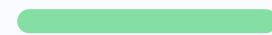
25.6 mg



160%

B5 (Pantothenic Acid)

10.7 mg



214%

B6 (Pyridoxine)

2.9 mg



209%

B12 (Cobalamin)

1.1 µg



72%

Choline

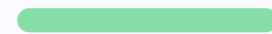
530.9 mg



133%

Folate

779.2 µg



390%

Vitamin A

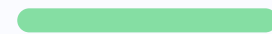
533.5 µg



76%

Retinol

100.8 µg



101%

Vitamin C

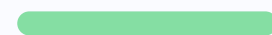
122.2 mg



306%

Vitamin E

22.7 mg



569%

Vitamin K

470.7 µg



784%

Minerals

Calcium

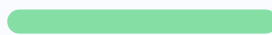
599.8 mg



120%

Copper

2.6 mg



214%

Iron

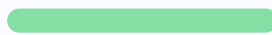
17.8 mg



205%

Magnesium

757.6 mg



253%

Manganese

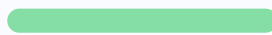
9.7 mg



422%

Phosphorus

1893.0 mg



344%

Potassium

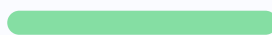
4625.5 mg



578%

Selenium

107.9 µg



144%

Zinc

13.8 mg

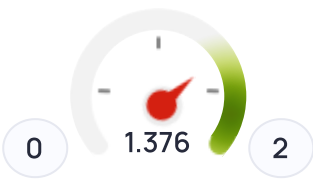


145%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE