

FOOD

EXERCISE

BIOMETRIC

NOTE

FAST

Exercise, Biometrics		-86 kcal • 0 g protein • 0 g carbs • 0 g fat			
07:05		Weight	134.8	lbs	
19:00		General Walking, Light	40	minutes	-85.6 kcal
Meal1		6 kcal • 1 g protein • 3 g carbs • 0 g fat			
08:00		Coffee	600	g	6 kcal
Meal2		1301 kcal • 51 g protein • 145 g carbs • 62 g fat			
15:22		Extra Virgin Olive Oil	13.8	g	121.99 kcal
15:22		Brown onion	123	g	49.2 kcal
15:22		Portabella Mushrooms, Raw	103	g	22.66 kcal
15:22		Potatoes, White, Flesh and Skin, Raw	458	g	316.02 kcal
15:22		Sweet Potato, Raw	180	g	138.6 kcal
15:22		Fish, Salmon, Atlantic, Farmed, Raw	125	g	260 kcal
15:22		Rocket, Raw	49	g	12.25 kcal
15:22		Kale, Raw	61	g	21.35 kcal
15:22		Red Bell Peppers, Raw	113	g	30.51 kcal
15:22		Salt	2	g	0 kcal
15:22		Black Pepper, Ground	0.1	g	0.25 kcal
15:22		Ginger, Ground	1	g	3.35 kcal
15:22		Garlic, Raw	5	g	7.45 kcal
15:22		Turmeric, Ground	0.5	g	1.56 kcal
15:22		Curry Powder	1	g	3.25 kcal
15:22		Sainsbury's, Sumac	0.5	g	1.62 kcal
15:22		Oyster, Pacific, Raw	46	g	37.26 kcal

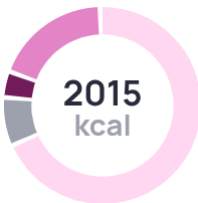
15:22		Avocados, Raw, All Commercial Varieties	105	g	168	kcal
15:22		Extra Virgin Olive Oil	11.9	g	105.2	kcal
Meal3			827 kcal • 32 g protein • 95 g carbs • 39 g fat			
20:30		Eggs, Cooked	55	g	85.25	kcal
20:30		Amaranth flour	100	g	371	kcal
20:30		Flax seeds	15	g	77.1	kcal
20:30		Salt	2	g	0	kcal
20:30		Cocoa Powder, Unsweetened	8	g	18.24	kcal
20:30		Extra Virgin Olive Oil	5	g	44.2	kcal
20:30		Apple Cider Vinegar	4.8	g	1.01	kcal
20:30		Maple Syrup	15.9	g	41.34	kcal
20:30		Vanilla Extract	2	g	5.76	kcal
20:30		Extra Virgin Olive Oil	1	g	8.84	kcal
20:30		Oat Flour, Whole Grain	4	g	15.44	kcal
20:30		Peanut Butter, Chunk Style, with Salt	27	g	159.03	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Over

Targets

CONSUMED ↕

Energy 2134 (2048 net) / 2000 kcal 107%

Protein 83.2 / 54.0 g ⓘ 154%

Carbs	243.54 g
Fat	101.65 g

Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



General						
Energy	2133.7 kcal					107%
Oxalate	516.8 mg	-	-	-	-	-
Phytate	1199.5 mg	-	-	-	-	-

Carbohydrates					
Carbs	243.5 g	-	-	-	-
Net Carbs	191.5 g	-	-	-	-
Fiber	50.8 g				169%
Insoluble Fiber	18.2 g	-	-	-	-
Soluble Fiber	11.5 g	-	-	-	-
Starch	144.1 g	-	-	-	-

Lipids					
Fat	101.7 g	-	-	-	-
Omega-3	7.3 g				2920%

ALA	3.9 g	-	-	-	-	-	
DHA	1.5 g	-	-	-	-	-	
EPA	1.3 g	-	-	-	-	-	
Omega-6	14.8 g						185%
AA	0.1 g	-	-	-	-	-	
LA	7.8 g	-	-	-	-	-	
Saturated	17.9 g						89%
Cholesterol	296.9 mg						99%

Protein

Protein	83.2 g						154%
Alanine	4.3 g	-	-	-	-	-	
Arginine	5.4 g	-	-	-	-	-	
Aspartic acid	9.8 g	-	-	-	-	-	
Cystine	1.1 g	-	-	-	-	-	
Glutamic acid	12.8 g	-	-	-	-	-	
Histidine	2.0 g						237%
Hydroxyproline	0.1 g	-	-	-	-	-	
Isoleucine	3.4 g						295%
Leucine	5.6 g						218%
Lysine	5.3 g						229%
Methionine	1.7 g						268%
Phenylalanine	3.5 g						147%
Proline	3.3 g	-	-	-	-	-	
Serine	4.4 g	-	-	-	-	-	
Threonine	3.2 g						265%
Tryptophan	1.0 g						314%
Tyrosine	2.5 g	-	-	-	-	-	

Valine

4.1 g



279%

Vitamins

B1 (Thiamine)

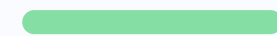
1.4 mg



152%

B2 (Riboflavin)

2.5 mg



192%

B3 (Niacin)

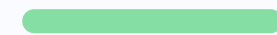
32.7 mg



204%

B5 (Pantothenic Acid)

12.8 mg



256%

B6 (Pyridoxine)

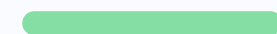
3.7 mg



266%

B12 (Cobalamin)

12.1 µg



804%

Choline

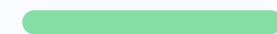
536.1 mg



134%

Folate

569.2 µg



285%

Vitamin A

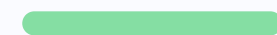
1869.3 µg



267%

Retinol

191.2 µg



191%

Vitamin C

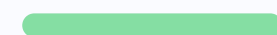
326.8 mg



817%

Vitamin E

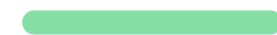
18.4 mg



459%

Vitamin K

349.9 µg



583%

Minerals

Calcium

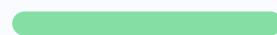
648.8 mg



130%

Copper

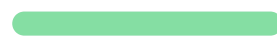
3.6 mg



297%

Iron

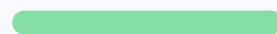
21.0 mg



241%

Magnesium

695.3 mg



232%

Manganese

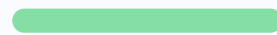
7.8 mg



339%

Phosphorus

1812.3 mg



330%

Potassium

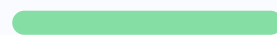
6280.9 mg



785%

Selenium

152.8 µg



204%

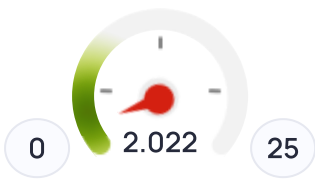
Zinc

18.4 mg

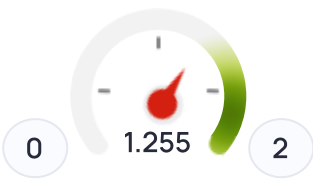


193%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE