



FOOD



EXERCISE



BIOMETRIC



NOTE



FAST

Exercise, Biometrics

-128 kcal • 0 g protein • 0 g carbs • 0 g fat

05:30



Weight

134.4

lbs

11:00



General Walking, Light

60

minutes

-128

kcal

Meal1

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

09:00



Coffee

600

g

6

kcal

Meal2

1076 kcal • 31 g protein • 141 g carbs • 49 g fat

15:40



Extra Virgin Olive Oil

15.8

g

139.67

kcal

15:40



Brown onion

108

g

43.2

kcal

15:40



White Mushrooms, Raw

75

g

18.75

kcal

15:40



Potatoes, White, Flesh and Skin, Raw

417

g

287.73

kcal

15:40



Sweet Potato, Raw

166

g

127.82

kcal

15:40



Kale, Raw

29

g

10.15

kcal

15:40



Cabbage, Red, Raw

214

g

64.2

kcal

15:40



Tomato, Red, Raw

86

g

15.48

kcal

15:40



Watercress, Raw

49

g

5.39

kcal

15:40



Avocados, Raw, All Commercial Varieties

118

g

188.8

kcal

15:40



Salt

2

g

0

kcal

15:40



Black Pepper, Ground

0.1

g

0.25

kcal

15:40



Garlic, Raw

5

g

7.45

kcal

15:40



Ginger Root, Raw

1

g

0.8

kcal

15:40



Sainsbury's Organic Mixed Herbs

0.1

g

0.28

kcal

15



Support

Chicken, Liver, All Classes, Cooked, simmered

41

g

68.47

kcal



15:40		Extra Virgin Olive Oil	10.4	g	91.94	kcal
15:40		Curry Powder	1	g	3.25	kcal
15:40		Spices, Paprika	1	g	2.82	kcal
Meal3			289 kcal • 8 g protein • 29 g carbs • 19 g fat			
20:20		Blueberries, Fresh	150	g	85.5	kcal
20:20		Brazil Nuts, Unsalted	3.3	g	21.75	kcal
20:20		Mixed nuts with peanuts dgm	30	g	182.1	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Remaining

Targets

CONSUMED ↕

Energy 1372 (1244 net) / 2000 kcal 69%



Protein 39.7 / 54.0 g 73%



Carbs 172.07 g



Fat 68 g



Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



All Targets

Vitamins

Minerals

Electrolytes

Immune
Support

Antioxidants

Bone Health

98%

Metabolism
Support

General

Energy	1371.8 kcal		69%
Oxalate	274.5 mg	- - - - -	
Phytate	459.8 mg	- - - - -	

Carbohydrates

Carbs	172.1 g	- - - - -	
Net Carbs	128.6 g	- - - - -	
Fiber	42.6 g		142%
Insoluble Fiber	16.9 g	- - - - -	
Soluble Fiber	6.7 g	- - - - -	
Starch	73.7 g	- - - - -	

Lipids

Fat	68.0 g	- - - - -	
Omega-3	0.8 g		307%
ALA	0.7 g	- - - - -	
DHA	0.0 g	- - - - -	
EPA	0.0 g	- - - - -	
Omega-6	10.6 g		132%
AA	0.0 g	- - - - -	
LA	8.3 g	- - - - -	
Saturated	10.8 g		54%
Cholesterol	230.8 mg		77%

Protein

Protein	39.7 g		73%
Alanine	1.8 g	- - - - -	
Arginine	2.7 g	- - - - -	
Aspartic acid	5.4 g	- - - - -	
Cystine	0.5 g	- - - - -	
Glutamic acid	6.9 g	- - - - -	
Histidine	0.9 g		111%
Hydroxyproline	0.0 g	- - - - -	
Isoleucine	1.5 g		130%
Leucine	2.6 g		102%
Lysine	2.1 g		91%
Methionine	0.7 g		104%
Phenylalanine	1.8 g		73%
Proline	1.5 g	- - - - -	
Serine	1.7 g	- - - - -	
Threonine	1.5 g		122%
Tryptophan	0.4 g		144%
Tyrosine	1.1 g	- - - - -	
Valine	2.0 g		142%

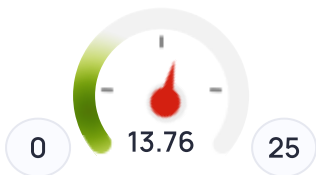
Vitamins

B1 (Thiamine)	1.1 mg		127%
B2 (Riboflavin)	2.5 mg		192%
B3 (Niacin)	20.9 mg		131%
B5 (Pantothenic Acid)	10.9 mg		218%
B6 (Pyridoxine)	2.7 mg		192%
B12 (Cobalamin)	6.9 µg		463%
Choline	312.3 mg		78%

Folate	594.7 µg		297%
Vitamin A	3160.4 µg		451%
Retinol	1631.0 µg		1631%
Vitamin C	284.6 mg		711%
Vitamin E	12.4 mg		309%
Vitamin K	393.9 µg		657%

Minerals			
Calcium	419.3 mg		84%
Copper	2.1 mg		176%
Iron	11.6 mg		133%
Magnesium	353.6 mg		118%
Manganese	4.6 mg		199%
Phosphorus	1004.9 mg		183%
Potassium	5359.5 mg		670%
Selenium	127.9 µg		171%
Zinc	7.1 mg		75%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE