



FOOD



EXERCISE



BIOMETRIC



NOTE



FAST

Exercise, Biometrics

-11 kcal • 0 g protein • 0 g carbs • 0 g fat

08:30



Weight

133.8

lbs

11:00



General Walking, Light

5

minutes

-10.6

kcal

Meal1

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

09:00



Coffee

600

g

6

kcal

Meal2

1239 kcal • 51 g protein • 135 g carbs • 61 g fat

16:30

Fish, Salmon, Atlantic, Wild,
Raw

106

g

150.52

kcal

16:30



Extra Virgin Olive Oil

15

g

132.6

kcal

16:30



Leeks, Raw

199

g

121.39

kcal

16:30



Cabbage, Red, Raw

224

g

67.2

kcal

16:30



Salt

2

g

0

kcal

16:30



Black Pepper, Ground

0.1

g

0.25

kcal

16:30



Watercress, Raw

51

g

5.61

kcal

16:30

Avocados, Raw, All Commercial
Varieties

109

g

174.4

kcal

16:30



Extra Virgin Olive Oil

9.2

g

81.33

kcal

16:30



Oat Flour, Whole Grain

3

g

11.58

kcal

16:30



Mung Bean Flour

50

g

173.5

kcal

16:30



Barley Flour, Whole Grain

50

g

171.07

kcal

16:30



Flax seeds

15

g

77.1

kcal

16:30



Extra Virgin Olive Oil

5.3

g

46.85

kcal

16:30



Apple Cider Vinegar

5.52

g

1.16

kcal

16:30



Salt

2

g

0

kcal

16

 Support

Oat Flour, Whole Grain

4

g

15.44

kcal



16:30		Turmeric Chai spices	5	g	9.41	kcal
Meal3			220 kcal • 7 g protein • 20 g carbs • 15 g fat			
17:50		Blackberries, Raw	150	g	64.5	kcal
17:50		Mixed nuts with peanuts dgm	23	g	139.61	kcal
17:50		Brazil Nuts, Unsalted	2.4	g	15.82	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↕



Consumed



Expenditure



Remaining

Targets

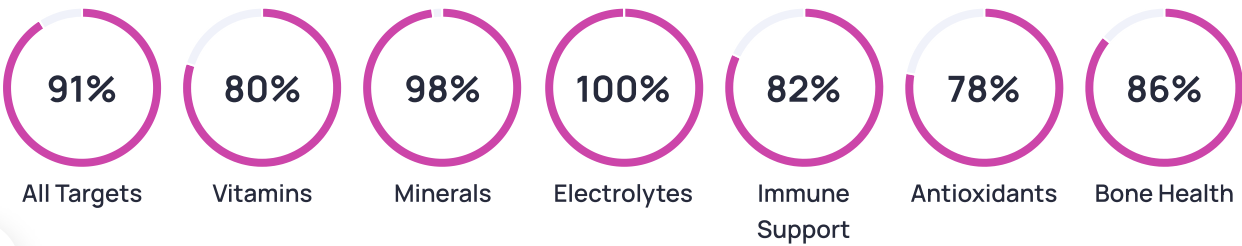
CONSUMED ↕



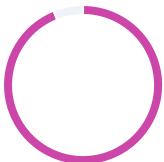
Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



94%



General Metabolism

Support Energy

1465.3 kcal  73%

Oxalate 212.3 mg - - - - -

Phytate 768.5 mg - - - - -

Carbohydrates

Carbs 157.7 g - - - - -

Net Carbs 107.1 g - - - - -

Fiber 49.7 g  166%

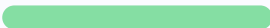
Insoluble Fiber 26.4 g - - - - -

Soluble Fiber 7.8 g - - - - -

Starch 55.9 g - - - - -

Lipids

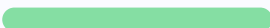
Fat 75.8 g - - - - -

Omega-3 6.0 g  2387%

ALA 3.8 g - - - - -

DHA 1.2 g - - - - -

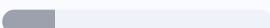
EPA 0.3 g - - - - -

Omega-6 10.6 g  133%

AA 0.0 g - - - - -

LA 8.4 g - - - - -

Saturated 11.0 g  55%

Cholesterol 58.3 mg  19%

Protein

Protein 58.8 g  109%

Alanine 3.0 g - - - - -

Arginine	4.0 g	-	-	-	-	-	
Aspartic acid	6.1 g	-	-	-	-	-	
Cystine	0.7 g	-	-	-	-	-	
Glutamic acid	10.6 g	-	-	-	-	-	
Histidine	1.5 g						180%
Hydroxyproline	- g	-	-	-	-	-	
Isoleucine	2.4 g						208%
Leucine	4.2 g						169%
Lysine	3.8 g						167%
Methionine	1.1 g						177%
Phenylalanine	2.7 g						112%
Proline	2.7 g	-	-	-	-	-	
Serine	2.7 g	-	-	-	-	-	
Threonine	2.2 g						184%
Tryptophan	0.7 g						217%
Tyrosine	1.8 g	-	-	-	-	-	
Valine	2.9 g						199%

Vitamins

B1 (Thiamine)	1.4 mg						154%
B2 (Riboflavin)	1.6 mg						123%
B3 (Niacin)	19.9 mg						124%
B5 (Pantothenic Acid)	7.6 mg						151%
B6 (Pyridoxine)	2.6 mg						186%
B12 (Cobalamin)	3.4 µg						225%
Choline	199.7 mg						50%
Folate	687.1 µg						344%
Vitamin A	412.4 µg						59%

Retinol	12.7 µg		13%
Vitamin C	213.2 mg		533%
Vitamin E	13.7 mg		342%
Vitamin K	372.3 µg		620%

Minerals			
Calcium	506.1 mg		101%
Copper	2.2 mg		186%
Iron	14.8 mg		170%
Magnesium	482.6 mg		161%
Manganese	6.2 mg		269%
Phosphorus	1043.3 mg		190%
Potassium	3849.4 mg		481%
Selenium	141.6 µg		189%
Zinc	7.6 mg		80%

Nutrient Balances

