



FOOD



EXERCISE



BIOMETRIC



NOTE



FAST

Exercise, Biometrics

-312 kcal • 0 g protein • 0 g carbs • 0 g fat

07:30		Weight	132.2	lbs		
12:00		yoga, Hatha	45	minutes	-70.83	kcal
12:00		Aerobic Group Classes, Moderate	12	minutes	-56.67	kcal
12:00		calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort	20	minutes	-58.77	kcal
20:00		General Walking, Light	60	minutes	-125.9	kcal

Meal1

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

08:50		Coffee	600	g	6	kcal
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Meal2

1141 kcal • 30 g protein • 136 g carbs • 59 g fat

16:10		Extra Virgin Olive Oil	15.5	g	137.02	kcal
16:10		Red onion dgm	74	g	29.6	kcal
16:10		White Mushrooms, Raw	75	g	18.75	kcal
16:10		Cucumber, Raw, With Peel	150	g	21	kcal
16:10		Celery, Raw	264	g	39.6	kcal
16:10		Red rice dgm	100	g	368	kcal
16:10		Eggs, Cooked	55	g	85.25	kcal
16:10		Salt	2	g	0	kcal
16:10		Black Pepper, Ground	0.1	g	0.25	kcal
16:10		Garlic, Raw	5	g	7.45	kcal
16:10		Ginger Root, Raw	1	g	0.8	kcal
16:10		Nutmeg	0.5	g	2.63	kcal



16



Support

Sainsbury's Organic Mixed Herbs

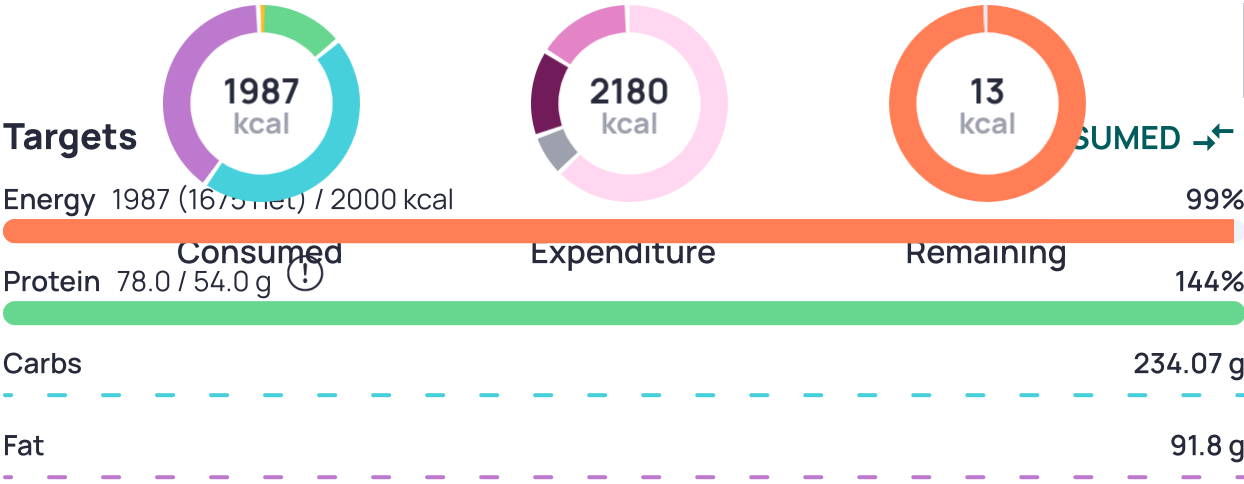
0.1 g 0.28 kcal



16:10		Curry Powder	1	g	3.25	kcal
16:10		Watercress, Raw	56	g	6.16	kcal
16:10		Avocados, Raw, All Commercial Varieties	117	g	187.2	kcal
16:10		Raspberries, Raw	125	g	63.75	kcal
16:10		Brazil Nuts, Unsalted	2.8	g	18.45	kcal
16:10		Mixed nuts with peanuts dgm	25	g	151.75	kcal
Meal3		840 kcal • 47 g protein • 96 g carbs • 33 g fat				
21:30		Amaranth flour	100	g	371	kcal
21:30		Flax seeds	15	g	77.1	kcal
21:30		Salt	2	g	0	kcal
21:30		Cocoa Powder, Unsweetened	8	g	18.24	kcal
21:30		Extra Virgin Olive Oil	4.5	g	39.78	kcal
21:30		Apple Cider Vinegar	4.5	g	0.95	kcal
21:30		Maple Syrup	17.2	g	44.72	kcal
21:30		Vanilla Extract	1	g	2.88	kcal
21:30		Extra Virgin Olive Oil	1	g	8.84	kcal
21:30		Oat Flour, Whole Grain	4	g	15.44	kcal
21:30		Shrimp, Mixed Species, Raw	200	g	142	kcal
21:30		Kale, Raw	24	g	8.4	kcal
21:30		Avocado Oil	10.8	g	95.47	kcal
21:30		Tomato, Red, Raw	82	g	14.76	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↩️



Nutrient Targets

SUGGEST FOOD

Nutrition Scores



General				
Energy	1986.8 kcal			99%
Oxalate	508.4 mg	-	-	-
Phytate	1819.4 mg	-	-	-

Carbohydrates				
Carbs	234.1 g	-	-	-
Net Carbs	182.9 g	-	-	-
Fiber	48.7 g			162%
Insoluble Fiber	29.0 g	-	-	-
Soluble Fiber	11.0 g	-	-	-

Starch

136.1 g

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Lipids

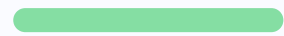
Fat

91.8 g

- - - - -

Omega-3

3.6 g



1443%

ALA

3.6 g

- - - - -

DHA

0.2 g

- - - - -

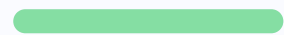
EPA

0.1 g

- - - - -

Omega-6

15.4 g



193%

AA

0.1 g

- - - - -

LA

13.5 g

- - - - -

Saturated

15.4 g



77%

Cholesterol

457.2 mg

- - - - -

Protein

Protein

78.0 g



144%

Alanine

4.7 g

- - - - -

Arginine

6.5 g

- - - - -

Aspartic acid

8.2 g

- - - - -

Cystine

1.0 g

- - - - -

Glutamic acid

14.1 g

- - - - -

Histidine

1.9 g



222%

Hydroxyproline

- g

- - - - -

Isoleucine

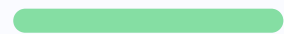
3.4 g



294%

Leucine

5.8 g



231%

Lysine

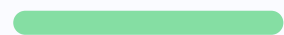
5.1 g



224%

Methionine

1.7 g



263%

Phenylalanine

3.5 g



145%

Proline

3.6 g

- - - - -

Serine	4.3 g	- - - - -	
Threonine	3.1 g		257%
Tryptophan	0.9 g		313%
Tyrosine	2.5 g	- - - - -	
Valine	4.0 g		276%

Vitamins

B1 (Thiamine)	1.1 mg		127%
B2 (Riboflavin)	2.3 mg		176%
B3 (Niacin)	22.3 mg		139%
B5 (Pantothenic Acid)	10.2 mg		203%
B6 (Pyridoxine)	2.1 mg		147%
B12 (Cobalamin)	2.9 µg		191%
Choline	546.3 mg		137%
Folate	511.2 µg		256%
Vitamin A	449.5 µg		64%
Retinol	189.4 µg		189%
Vitamin C	123.7 mg		309%
Vitamin E	17.3 mg		432%
Vitamin K	416.3 µg		694%

Minerals

Calcium	745.0 mg		149%
Copper	2.8 mg		234%
Iron	15.6 mg		179%
Magnesium	738.9 mg		246%
Manganese	9.0 mg		390%
Phosphorus	1978.6 mg		360%
Potassium	4316.8 mg		540%

Selenium

215.8 µg



288%

Zinc

12.6 mg

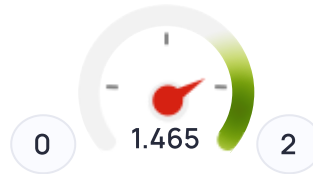


132%

Nutrient Balances



OMEGA-6 : OMEGA-3



CALCIUM : OXALATE