



FOOD



EXERCISE



BIOMETRIC



NOTE



FAST

Exercise, Biometrics

-127 kcal • 0 g protein • 0 g carbs • 0 g fat

06:10



Weight

133.6

lbs

20:30



General Walking, Light

60

minutes

-127.3

kcal

Meal1

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

07:10



Coffee

600

g

6

kcal

Meal2

1200 kcal • 46 g protein • 180 g carbs • 38 g fat

14:50



Leeks, Raw

206

g

125.66

kcal

14:50



Cucumber, Raw, With Peel

136

g

19.04

kcal

14:50



Potatoes, White, Flesh and Skin, Raw

417

g

287.73

kcal

14:50



Sweet Potato, Raw

310

g

238.7

kcal

14:50



Fish, Salmon, Atlantic, Wild, Raw

112

g

159.04

kcal

14:50



Salt

2

g

0

kcal

14:50



Black Pepper, Ground

0.1

g

0.25

kcal

14:50



Garlic, Raw

5

g

7.45

kcal

14:50



Cinnamon, Ground

0.5

g

1.24

kcal

14:50



Sainsbury's Organic Mixed Herbs

0.1

g

0.28

kcal

14:50



Brazil Nuts, Unsalted

2.1

g

13.84

kcal

14:50



Mixed nuts with peanuts dgm

30

g

182.1

kcal

14:50



Curry Powder

1

g

3.25

kcal

14:50



Extra Virgin Olive Oil

10.1

g

89.28

kcal

14:50



Rosemary, Dried

0.2

g

0.66

kcal

14



Support

Blueberry, Raw

125

g

71.25

kcal



Meal3		961 kcal • 39 g protein • 120 g carbs • 41 g fat				
21:30		Eggs, Cooked	57	g	88.35	kcal
21:30		Celery, Raw	304	g	45.6	kcal
21:30		Peanut Butter, Chunk Style, with Salt	52	g	306.28	kcal
21:30		Quinoa - white, dry	100	g	368	kcal
21:30		Salt	2	g	0	kcal
21:30		Black Pepper, Ground	0.1	g	0.25	kcal
21:30		Ginger Root, Raw	1	g	0.8	kcal
21:30		Garlic, Raw	5	g	7.45	kcal
21:30		Sainsbury's, Sumac	0.5	g	1.62	kcal
21:30		Pomegranate, Raw	172	g	142.76	kcal
Meal4						
Meal5						
Meal6						
Meal7						

Energy Summary

TARGET ↔



Consumed



Expenditure



Over

Targets

CONSUMED ↔



Nutrient Targets



Nutrition Scores



General						
Energy	2166.9 kcal					108%
Oxalate	715.8 mg	-	-	-	-	
Phytate	2433.6 mg	-	-	-	-	

Carbohydrates					
Carbs	303.3 g	-	-	-	-
Net Carbs	243.3 g	-	-	-	-
Fiber	57.0 g				190%
Insoluble Fiber	30.6 g	-	-	-	-
Soluble Fiber	10.9 g	-	-	-	-
Starch	143.9 g	-	-	-	-

Lipids					
Fat	78.7 g	-	-	-	-
Omega-3	3.1 g				1245%
ALA	0.7 g	-	-	-	-
DHA	1.3 g	-	-	-	-
EPA	0.4 g	-	-	-	-
Omega-6	17.4 g				218%

AA	0.1 g	-	-	-	-
LA	9.8 g	-	-	-	-
Saturated	13.1 g				
Cholesterol	274.2 mg	-	-	-	-

Protein

Protein	85.0 g				
Alanine	4.0 g	-	-	-	-
Arginine	6.3 g	-	-	-	-
Aspartic acid	10.6 g	-	-	-	-
Cystine	1.1 g	-	-	-	-
Glutamic acid	13.7 g	-	-	-	-
Histidine	2.1 g				
Hydroxyproline	- g	-	-	-	-
Isoleucine	3.2 g				
Leucine	5.8 g				
Lysine	4.9 g				
Methionine	1.7 g				
Phenylalanine	3.7 g				
Proline	3.8 g	-	-	-	-
Serine	4.1 g	-	-	-	-
Threonine	3.1 g				
Tryptophan	0.9 g				
Tyrosine	2.4 g	-	-	-	-
Valine	3.9 g				

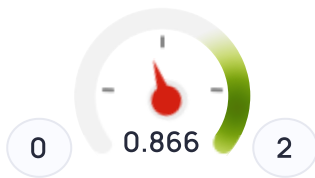
Vitamins

B1 (Thiamine)	1.7 mg				
B2 (Riboflavin)	2.4 mg				

B3 (Niacin)	29.8 mg		186%
B5 (Pantothenic Acid)	11.8 mg		236%
B6 (Pyridoxine)	4.1 mg		289%
B12 (Cobalamin)	4.2 µg		280%
Choline	455.7 mg		114%
Folate	757.0 µg		379%
Vitamin A	2559.9 µg		366%
Retinol	97.8 µg		98%
Vitamin C	153.0 mg		382%
Vitamin E	15.9 mg		398%
Vitamin K	288.9 µg		482%

Minerals			
Calcium	619.7 mg		124%
Copper	3.3 mg		273%
Iron	17.3 mg		199%
Magnesium	699.2 mg		233%
Manganese	8.1 mg		353%
Phosphorus	1756.9 mg		319%
Potassium	7257.4 mg		907%
Selenium	128.2 µg		171%
Zinc	11.0 mg		116%

Nutrient Balances



OMEGA-6 : OMEGA-3

CALCIUM : OXALATE

