



 **FOOD**

 **EXERCISE**

 **BIOMETRIC**

 **NOTE**




 **FAST**

Veggies

86 kcal • 6 g protein • 17 g carbs • 1 g fat





 Added 1.5 cup lactose free milk for the calcium.

 kelp is approximately 1/16 of a teaspoon for .07, 1/32 for .03. He gets a in-between these amounts.

	Goji Berries, Dried	0	g	0	kcal
	Maine Coast Kelp Granulesd	0.03	Serving	0.24	kcal
	Broccoli, Cooked from Frozen	60	g	16.8	kcal
	Spaghetti Squash	40	g	10.8	kcal
	Green Beans, Cooked from Frozen	40	g	11.2	kcal
	Collards, Cooked from Fresh	0	g	0	kcal
	Peas, Green, Frozen, Cooked, Boiled, Drained, Without Salt	50	g	39	kcal
	Arugula, Raw	30	g	7.5	kcal

Protein

397 kcal • 25 g protein • 54 g carbs • 9 g fat

	Black Beans, Canned, Drained	100	g	140	kcal
	Garbanzo Beans, Canned, Drained and Rinsed	120	g	166.8	kcal
	Egg Whites Only, Cooked	50	g	26	kcal
	Egg Yolks, Cooked	20	g	64.4	kcal

Split between meals

467 kcal • 4 g protein • 9 g carbs • 49 g fat

	Olive Oil	4	tsp	159.12	kcal
	Avocado, Black Skin	60	g	100.2	kcal
	Pecans, Raw	30	g	207.3	kcal

Afternoon Snack

314 kcal • 3 g protein • 21 g carbs • 26 g fat

	Avocado, Black Skin	0	g	0	kcal
	Pecans, Raw	30	g	207.3	kcal
	Strawberries, Frozen, Unsweetened	30	g	10.5	kcal
	Apples, Raw, Fuji, with Skin	90	g	56.7	kcal
	Nature Made, Vitamin D3 1000 IU, Liquid Softgels	1	Softgel	0	kcal
	Olive Oil	1	tsp	39.78	kcal
	Full Circle, Organic Peanut Butter, Creamy	0	g	0	kcal

Other

Other

Other

Other

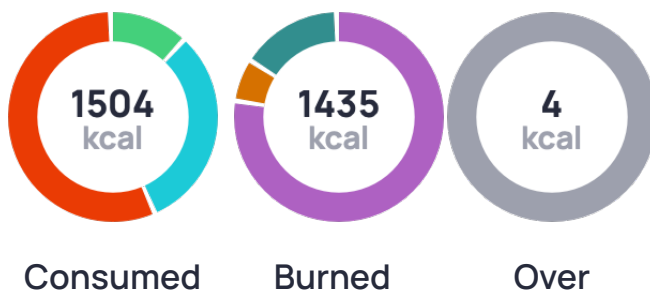
240 kcal • 12 g protein • 20 g carbs • 14 g fat

	Lactaid, Whole Milk	1.5	cup (240ml)	240	kcal
	Custom Organic Valley Lactose Free Whole Milk	0	cup	0	kcal

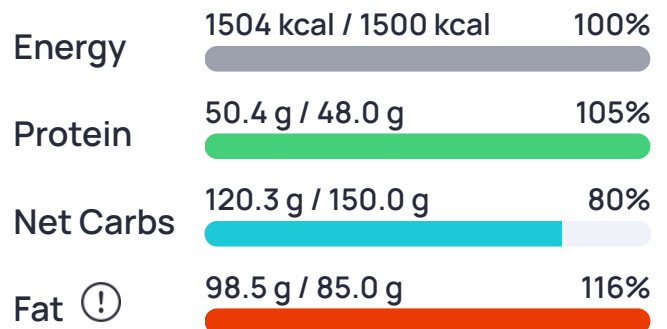
Water 0 / 64 fl oz



Energy Summary



Macronutrient Targets



Nutrient Targets

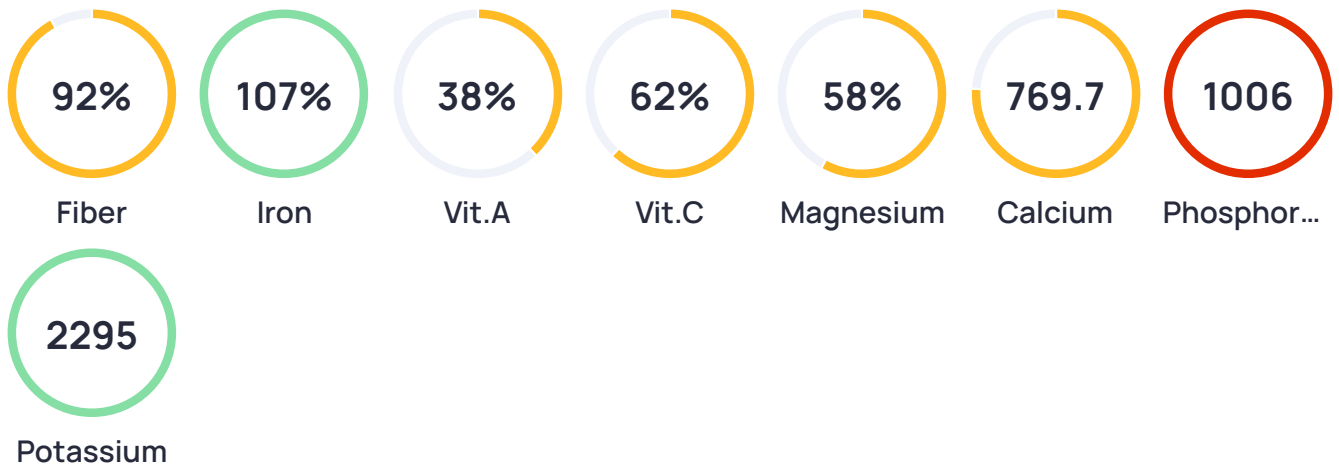


SUGGEST FOOD

Nutrition Scores



Highlighted Nutrients



General		Vitamins	
Energy	1503.6 kcal 100%	B1 (Thiamine)	1.0 mg 82%
Alcohol	0.0 g N/T	B2 (Riboflavin)	1.4 mg 106%
Oxalate	118.8 mg N/T	B3 (Niacin)	4.5 mg 28%
Water	541.6 g 15%	B5 (Pantothenic Acid)	3.2 mg 65%
Carbohydrates		B6 (Pyridoxine)	0.9 mg 71%
Carbs	120.3 g 93%	B12 (Cobalamin)	1.6 µg 68%
Fiber	36.8 g 92%	Choline	326.4 mg 59%
Starch	35.6 g N/T	Folate	407.8 µg 102%

Sugars	43.6 g		N/T
Added Sugars	0.0 g		N/T
Net Carbs	120.3 g		80%

Lipids

Fat	98.5 g		116%
Monounsaturated	49.9 g		N/T
Polyunsaturated	19.2 g		N/T
Omega-3	1.2 g		77%
Omega-6	17.4 g		103%
Saturated	18.0 g		n/a
Trans-Fats	0.0 g		n/a
Cholesterol	269.5 mg		N/T

Protein

Protein	50.4 g		105%
Cystine	0.5 g		203%
Glycine	1.5 g		75%
Histidine	1.0 g		248%
Hydroxyproline	- g		0%
Isoleucine	1.7 g		326%
Leucine	2.8 g		245%
Lysine	2.3 g		217%
Methionine	0.7 g		268%
Phenylalanine	1.9 g		419%
Proline	1.6 g		70%
Threonine	1.4 g		252%
Tryptophan	0.4 g		290%

Vitamin A	350.3 µg		39%
Vitamin C	55.9 mg		62%
Vitamin D	1193.6 IU		199%
Vitamin E	7.2 mg		48%
Vitamin K	147.6 µg		123%

Minerals

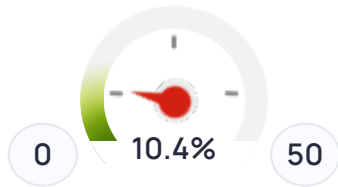
Calcium	769.7 mg		77%
Copper	1.5 mg		170%
Iodine	51.3 µg		34%
Iron	8.6 mg		107%
Magnesium	234.2 mg		59%
Manganese	5.0 mg		217%
Phosphorus	1006.4 mg		112%
Potassium	2295.2 mg		104%
Selenium	31.8 µg		58%
Sodium	984.6 mg		66%
Zinc	6.3 mg		57%

N/T = No Target

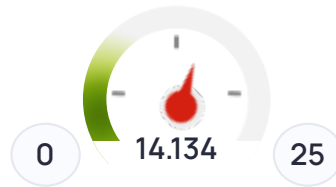
Tyrosine 1.1 g 231%

Valine 2.0 g 303%

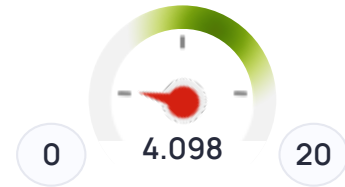
Nutrient Balances



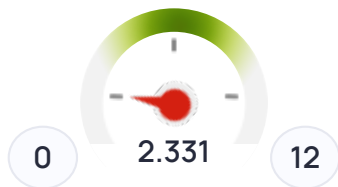
% OMEGA-6 (LA)



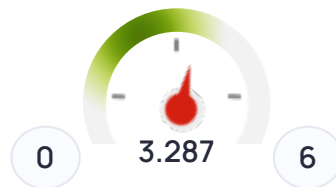
OMEGA-6 : OMEGA-3



ZINC : COPPER



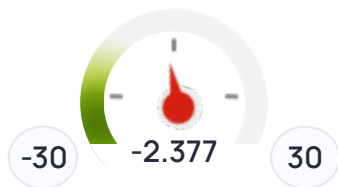
POTASSIUM : SODIUM



CALCIUM : MAGNESIUM



CALCIUM : OXALATE



PRALALKALINITY

[Support](#)