Today

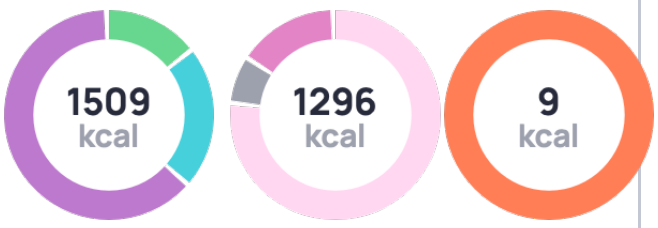
FOOD EXERCISE BIOMETRIC NOTE FAST

Blended together & split between meals. 35g more at breakfast, less at supper.				**769 kcal • 16 g protein • 38 g carbs • 62 g fat**	
Chop the nuts until VERY chopped FIRST. Then add the rest of the ingredients. Add water as needed.					
Macadamia Nuts, Raw	40	g		267.6	kcal
Go Raw, Organic Sprouted Pumpkin Seeds, Sea Salt	5	g		30	kcal
Great Value, Organic, Ground Flax Seed, Cold Milled	15	g		92.31	kcal
Avocado Oil	6	tsp — 5g		240.9	kcal
Custom Garbanzo	100	g		92.31	kcal
Custom Black Beans	60	g		46.15	kcal
Blended together & split between meals				**112 kcal • 9 g protein • 7 g carbs • 6 g fat**	
Eggs, Cooked	50	g		77.5	kcal
Broccoli, Cooked from Frozen	30	g		8.4	kcal
Kale, Cooked from Fresh	35	g		12.6	kcal
Green Beans, Cooked from Frozen	20	g		5.6	kcal
Spaghetti Squash	30	g		8.1	kcal
Yogurt with meals. Less at supper.				**71 kcal • 10 g protein • 4 g carbs • 2 g fat**	
40g breakfast and lunch, 20g supper.					
Fage, BestSelf Yogurt, Plain	100	g		70.59	kcal
Snack				**227 kcal • 8 g protein • 10 g carbs • 19 g fat**	

	Chop the nuts until VERY chopped FIRST. Then add the rest of the ingredients. Thaw the strawberries first.				
	Macadamia Nuts, Raw	20	g	133.8	kcal
	Strawberries, Frozen, Unsweetened	30	g	10.5	kcal
	Fage, BestSelf Yogurt, Plain	60	g	42.35	kcal
	Avocado Oil	1	tsp — 5g	40.15	kcal
Supplements		**0 kcal • 0 g protein • 0 g carbs • 0 g fat**			
	Proferrin 2 hours after supper. Can't be taken with mycophenolate. Multivitamin and K2 in his breakfast.				
	Proferrin capsule	1	Serving	0	kcal
	Nature Made, K2	1	Softgel	0	kcal
	Seeking Health, Kids Multivitamin Chewable	0.5	× 2 tablets	0	kcal
Other		**330 kcal • 15 g protein • 25 g carbs • 20 g fat**			
	Split the avocado between the 3 meals. half cup milk with breakfast, half cup milk with lunch, half cup milk with snack, quarter cup milk with supper.				
	Avocado, Black Skin	30	g	50.1	kcal
	Lactaid, Whole Milk	1.75	cup (240ml)	280	kcal
Other					
Other					

Energy Summary

TARGET



Consumed | Expenditure | Over

Targets

CONSUMED

Energy	1509 / 1500 kcal	101%
Protein	57.1 / 50.0 g	114%
Net Carbs	84.2 / 100.0 g	84%
Fat	109.4 / 85.0 g	129%

Nutrient Targets

SUGGEST FOOD

Nutrition Scores

92%	35%	86%	74%	83%	68%	93%
Blood	Calcium Absorption	Minerals	Electrolyt...	Immune Support	Antioxida...	Bone Health

87%
Metabolism Support

Highlighted Nutrients

53%	107%	52%	65%	64%	94%	31%
Fiber	Iron	Glycine	Vit.C	Magnesium	Calcium	Oxalate

102%
Potassium

General		
Energy	1509.0 kcal	101%
Oxalate	31.8 mg	32%
Phytate	222.4 mg	

Carbohydrates		
Carbs	84.2 g	84%
Net Carbs	84.2 g	84%
Fiber	21.6 g	54%
Insoluble Fiber	8.9 g	
Soluble Fiber	1.6 g	
Starch	1.5 g	
Sugars	33.9 g	
Added Sugars	0.0 g	0%

Lipids		
Fat	109.4 g	129%
Monounsaturated	62.7 g	
Polyunsaturated	12.2 g	
Omega-3	4.4 g	402%
ALA	0.6 g	
DHA	0.0 g	
EPA	0.0 g	
Omega-6	6.5 g	54%
AA	0.1 g	
LA	5.9 g	

Vitamins		
B1 (Thiamine)	3.6 mg	327%
B2 (Riboflavin)	2.4 mg	221%
B3 (Niacin)	7.4 mg	53%
B5 (Pantothenic Acid)	7.8 mg	155%
B6 (Pyridoxine)	1.6 mg	127%
B12 (Cobalamin)	12.5 µg	523%
Choline	281.7 mg	66%
Folate	269.3 µg	67%
Vitamin A	575.3 µg	82%
Vitamin C	49.2 mg	66%
Vitamin D	726.3 IU	121%
Vitamin E	16.9 mg	112%
Vitamin K	333.7 µg	371%

Minerals		
Calcium	941.3 mg	94%
Copper	0.8 mg	87%
Iodine	233.8 µg	156%
Iron	19.4 mg	108%
Magnesium	206.7 mg	65%
Manganese	7.8 mg	432%
Phosphorus	1051.3 mg	105%
Potassium	2059.5 mg	103%
Selenium	69.5 µg	126%

Saturated	23.8 g	
Trans-Fats	0.0 g	
Cholesterol	266.6 mg	

Sodium	542.3 mg	36%
Zinc	7.4 mg	92%

Protein		
Protein	57.1 g	114%
Cystine	0.3 g	102%
Glycine	1.0 g	52%
Histidine	1.0 g	203%
Hydroxyproline	- g	0%
Isoleucine	1.7 g	274%
Leucine	3.1 g	217%
Lysine	2.4 g	187%
Methionine	0.8 g	252%
Phenylalanine	1.9 g	349%
Proline	2.8 g	122%
Threonine	1.5 g	224%
Tryptophan	0.4 g	223%
Tyrosine	1.7 g	303%
Valine	2.2 g	272%

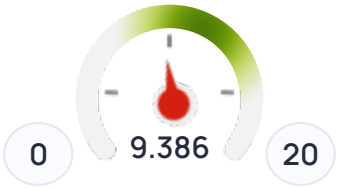
Nutrient Balances



% OMEGA-6 (LA)



OMEGA-6 : OMEGA-3



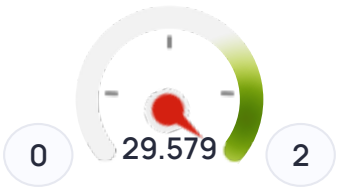
ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM



CALCIUM : OXALATE



PRAL ALKALINITY

Support