



cronometer.com detailed report

2018 February 16

Name: Chris

Age: 40

Sex: Male

Height: 185.0 cm / 6' 1"

Weight: 93.4 kg / 206.0 lbs

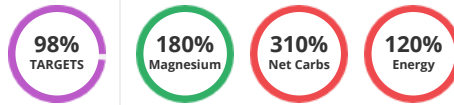
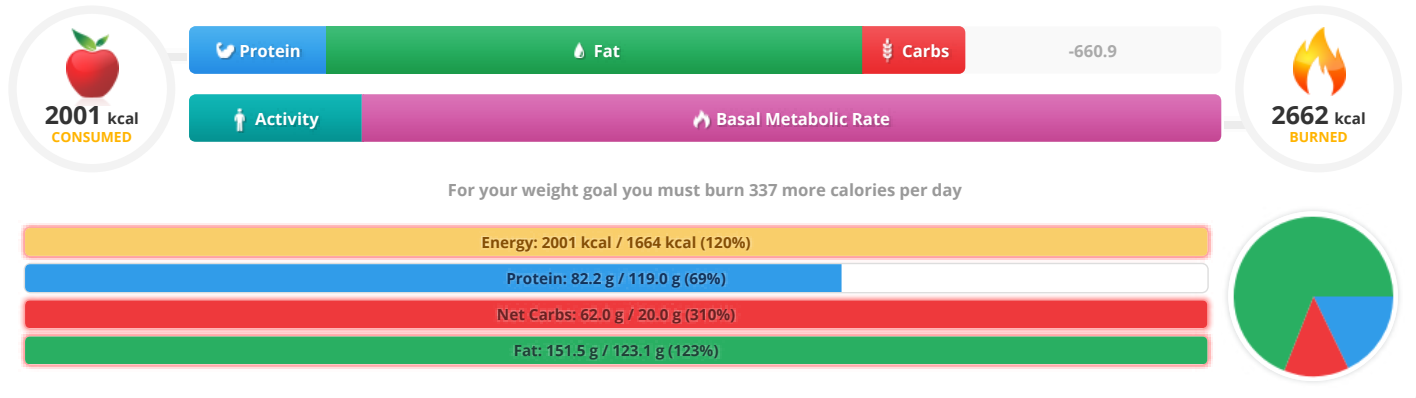
BMI: 27.3

BMR: 2218.0 kcal

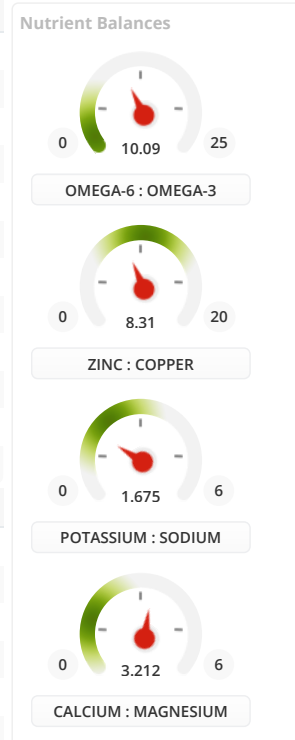
Daily Average Nutrition Report 2018 January 5 to 2018 February 15

Based on 42 complete days

Calories Summary

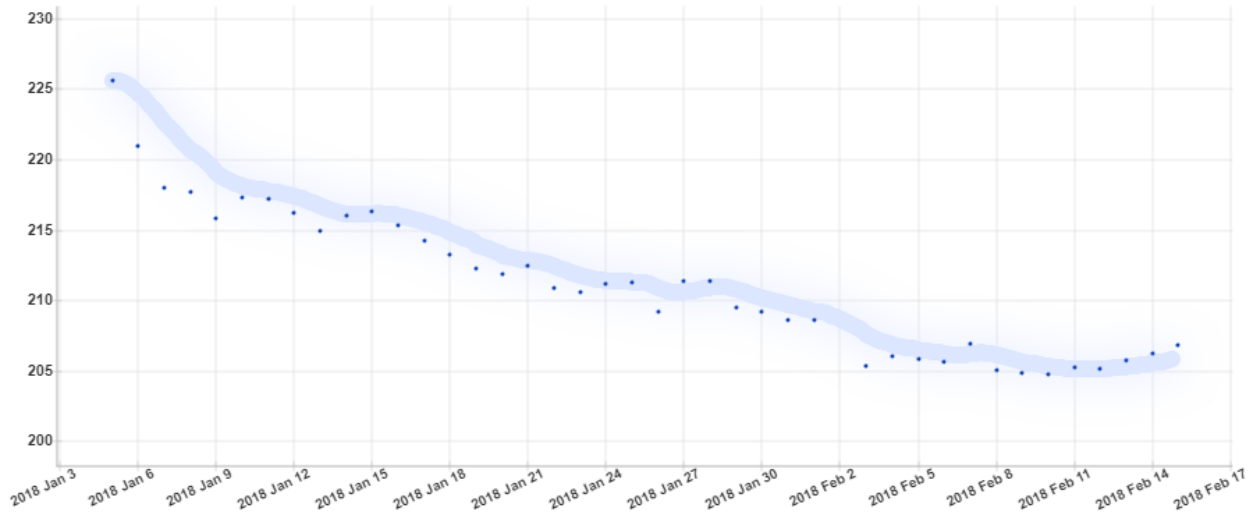


Carbohydrates			Vitamins		
Carbs	83.7 g	209%	B1 (Thiamine)	1.6 mg	137%
Fiber	21.6 g	108%	B2 (Riboflavin)	2.3 mg	179%
Net Carbs	62.0 g	310%	B3 (Niacin)	20.3 mg	127%
Starch	0.1 g	No Target	B5 (Pantothenic Acid)	11.6 mg	231%
Sugars	53.2 g	No Target	B6 (Pyridoxine)	2.2 mg	167%
Sugar Alcohol	0.0 g	No Target	B12 (Cobalamin)	6.6 µg	275%
Lipids			Folate	412.3 µg	103%
Fat	151.5 g	123%	Vitamin A	2655.2 IU	89%
Monounsaturated	42.6 g	No Target	Vitamin C	361.7 mg	402%
Polyunsaturated	24.5 g	No Target	Vitamin D	2534.0 IU	422%
Omega-3	2.3 g	144%	Vitamin E	39.7 mg	265%
Protein			Vitamin K	133.1 µg	111%
Protein	82.2 g	69%	Minerals		
			Calcium	2428.0 mg	243%
			Copper	2.1 mg	231%
			Iron	8.0 mg	200%
			Magnesium	755.9 mg	180%
			Manganese	2.4 mg	105%
			Phosphorus	1064.5 mg	152%
			Potassium	4966.4 mg	106%
			Selenium	222.5 µg	405%
			Sodium	2965.4 mg	99%
			Zinc	17.3 mg	157%
			General		
			Energy	2000.7 kcal	120%

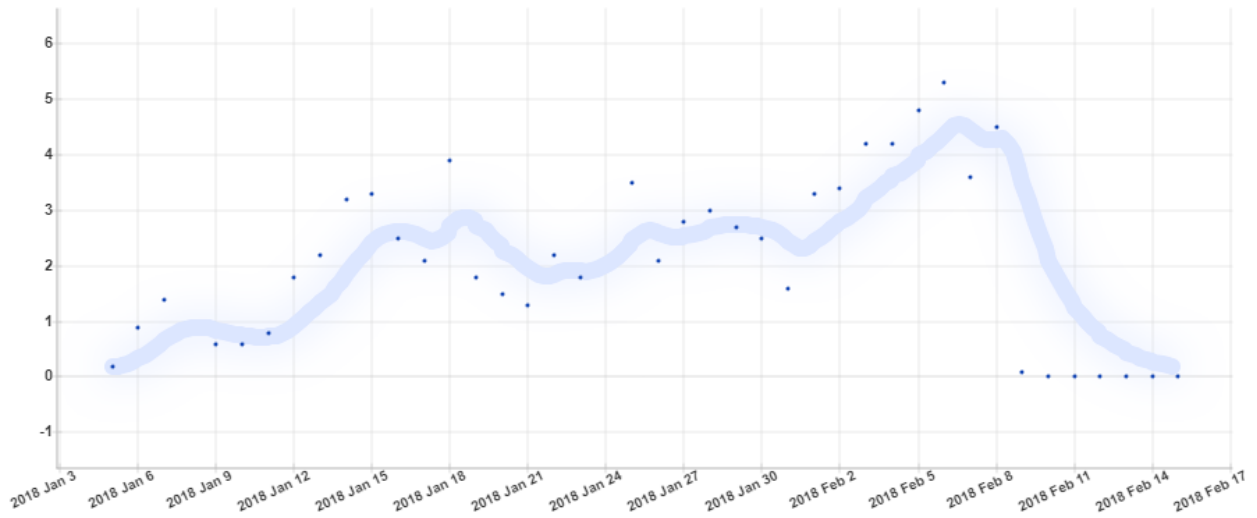


Biometric Charts

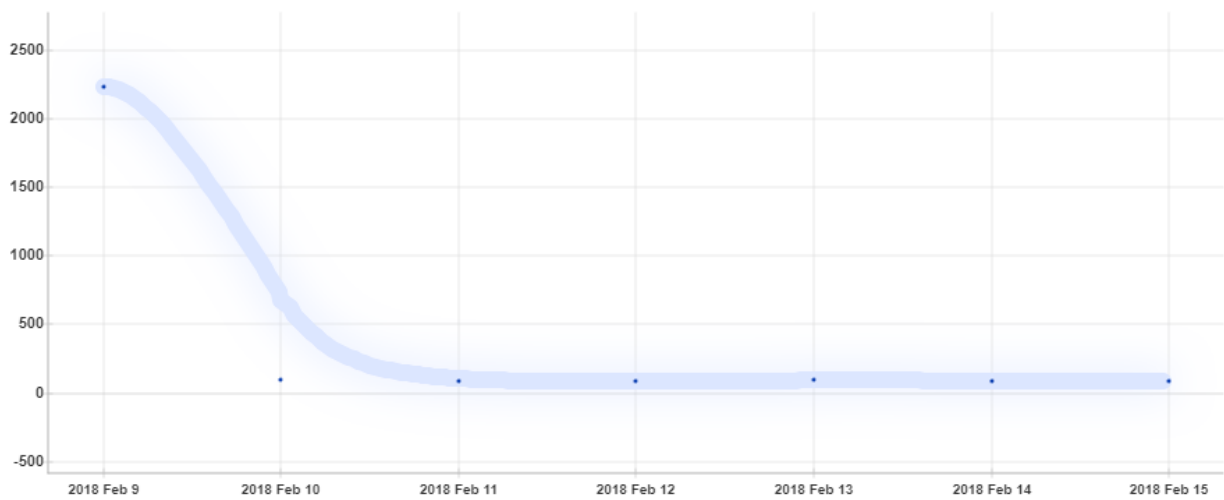
Weight (lbs) from 2018 January 5 to 2018 February 15



Ketones (Blood) (mmol/L) from 2018 January 5 to 2018 February 15

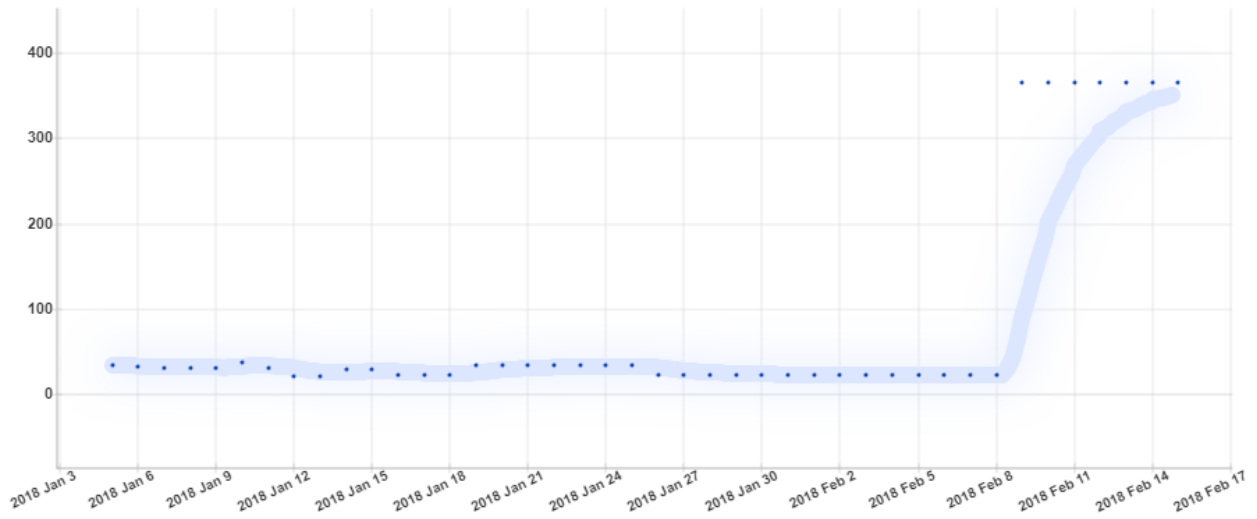


Blood Glucose (mg/dL) from 2018 January 5 to 2018 February 15

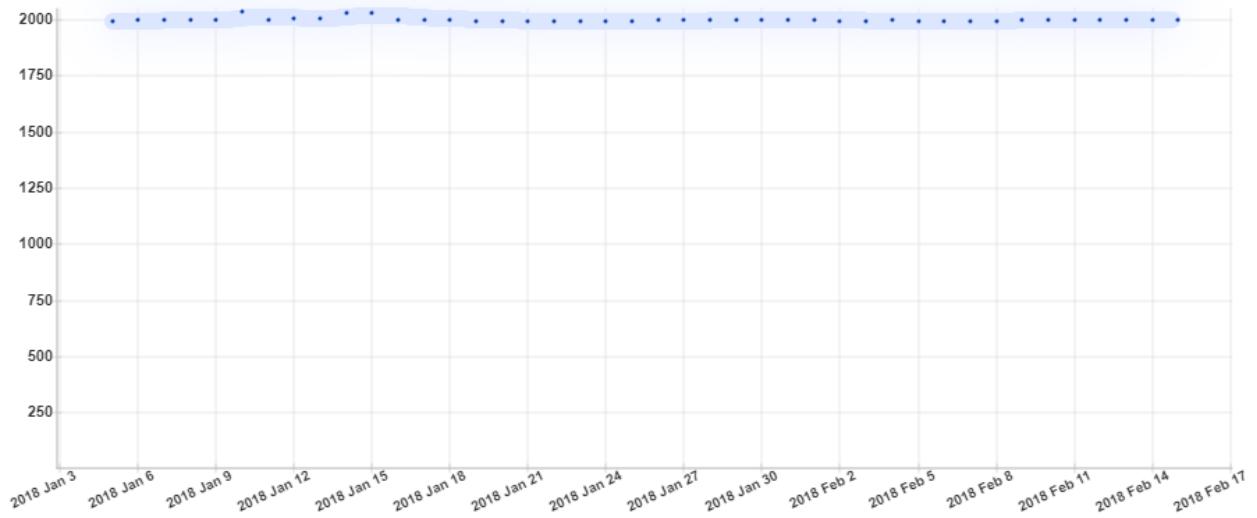


Nutrient Charts

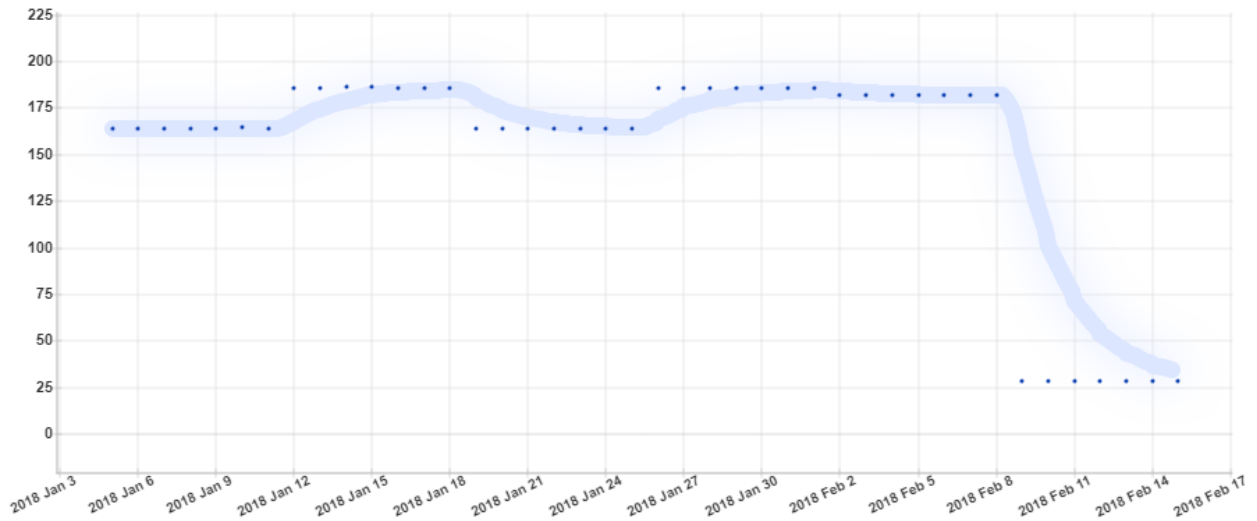
Carbs (g) from 2018 January 5 to 2018 February 15



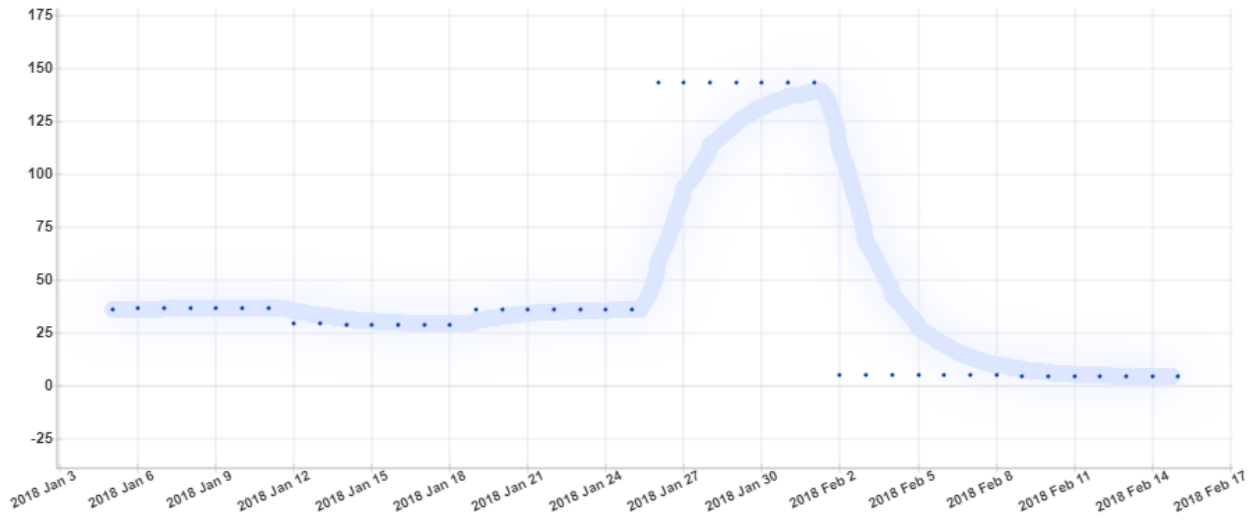
Energy (kcal) from 2018 January 5 to 2018 February 15



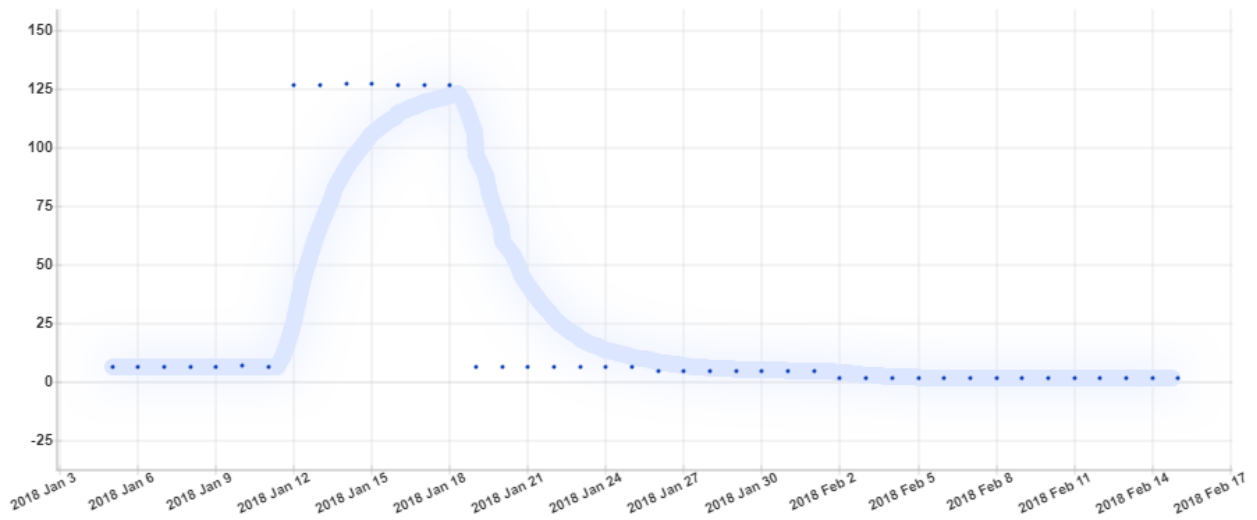
Fat (g) from 2018 January 5 to 2018 February 15



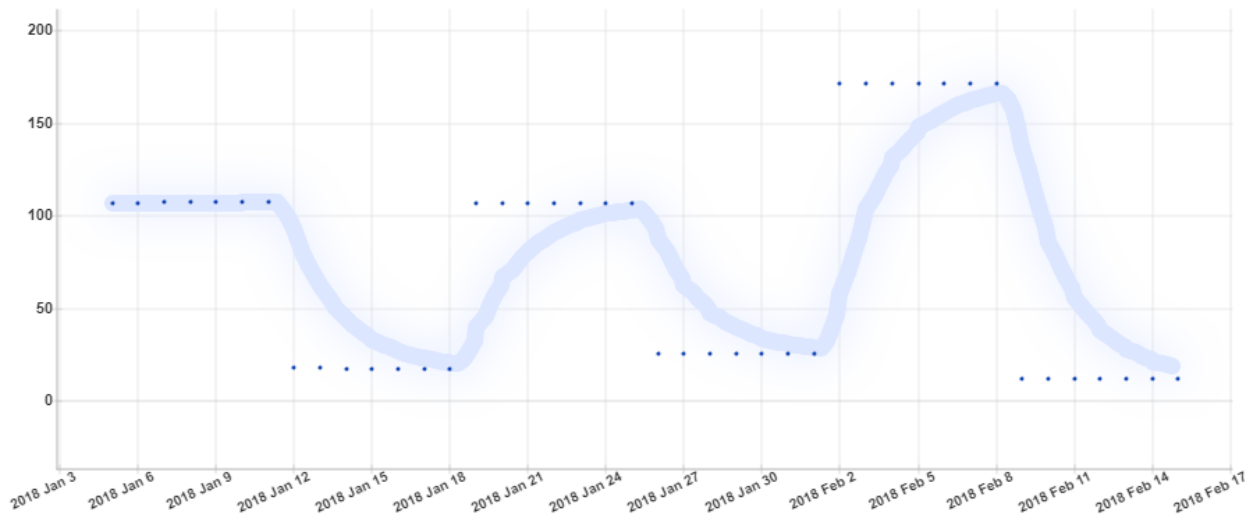
Monounsaturated (g) from 2018 January 5 to 2018 February 15



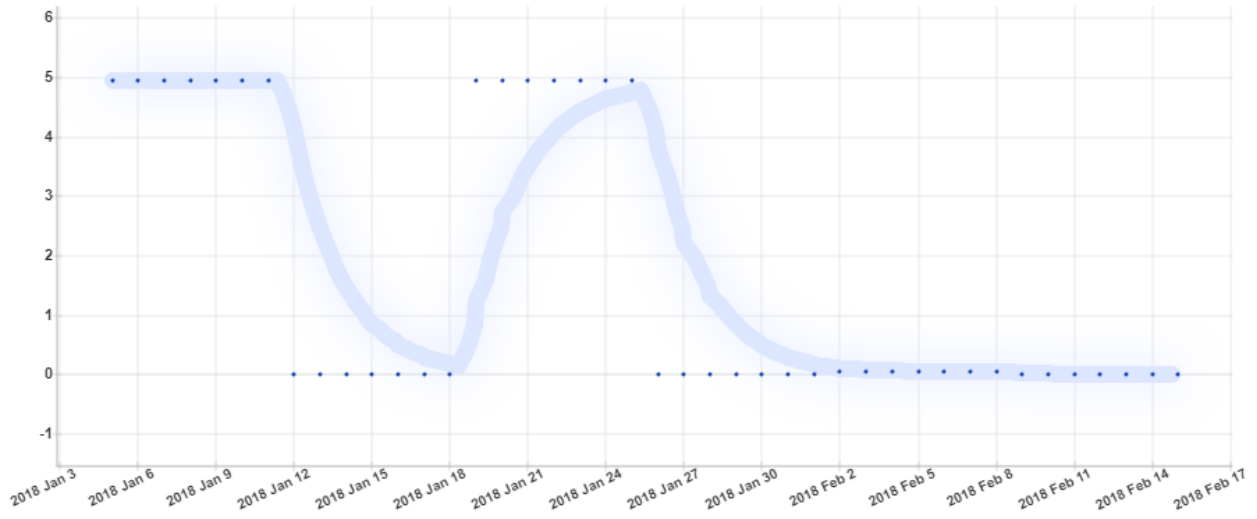
Polyunsaturated (g) from 2018 January 5 to 2018 February 15



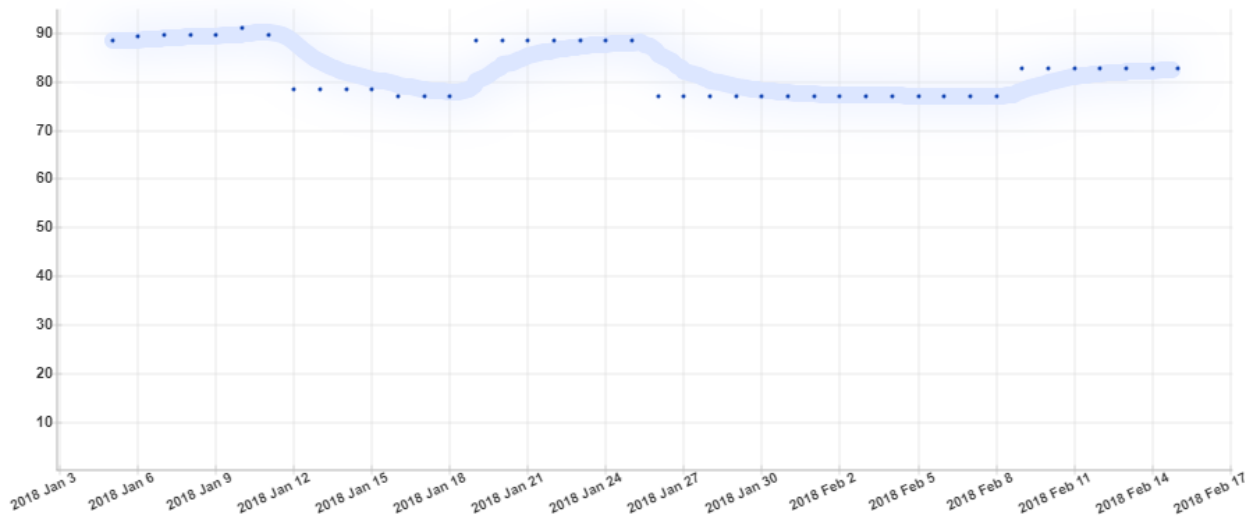
Saturated (g) from 2018 January 5 to 2018 February 15



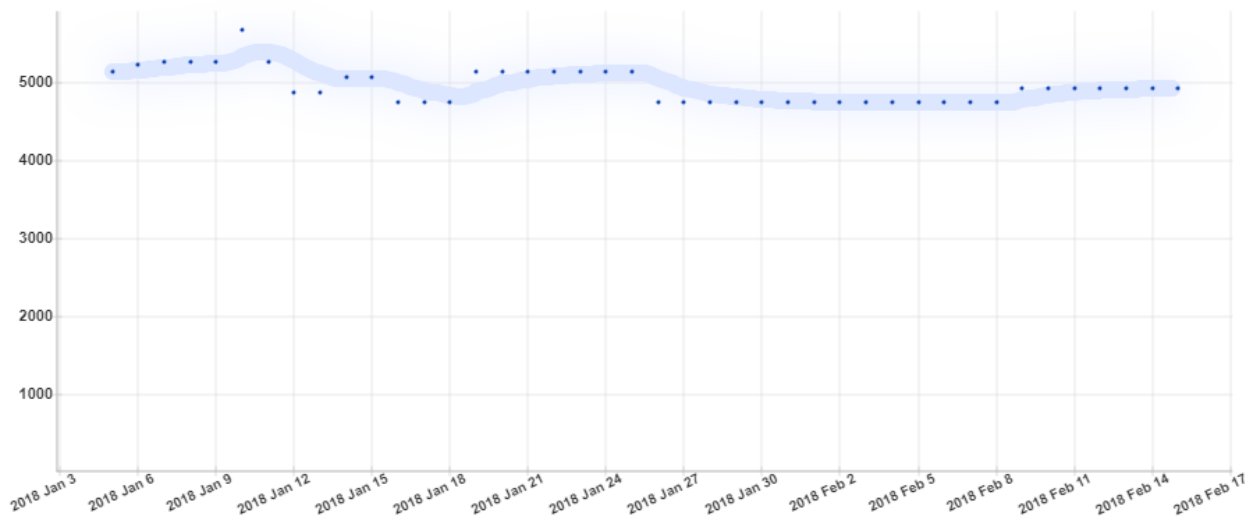
Trans-Fats (g) from 2018 January 5 to 2018 February 15



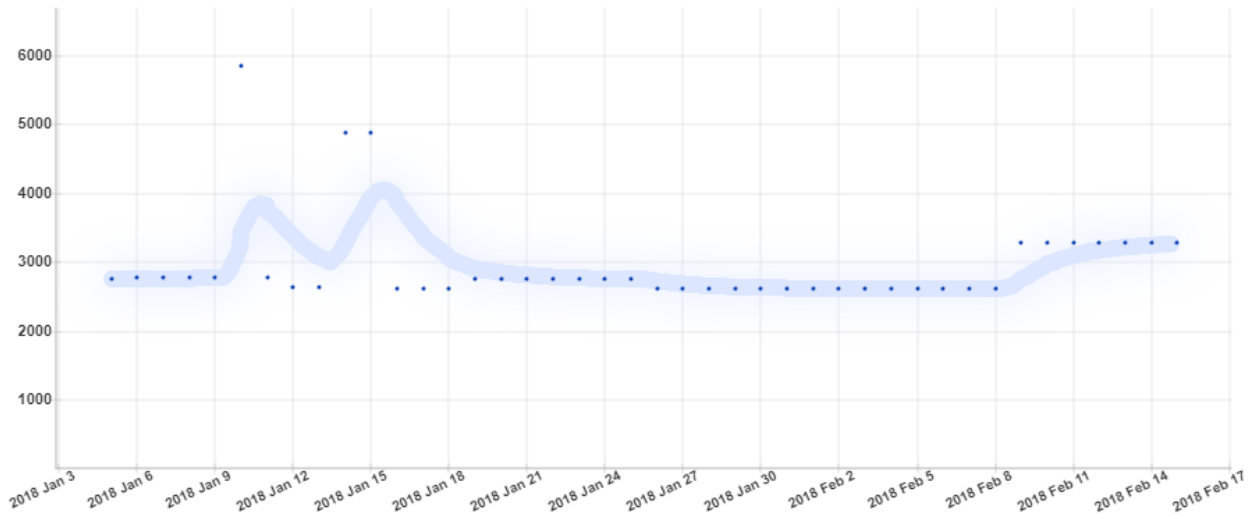
Protein (g) from 2018 January 5 to 2018 February 15



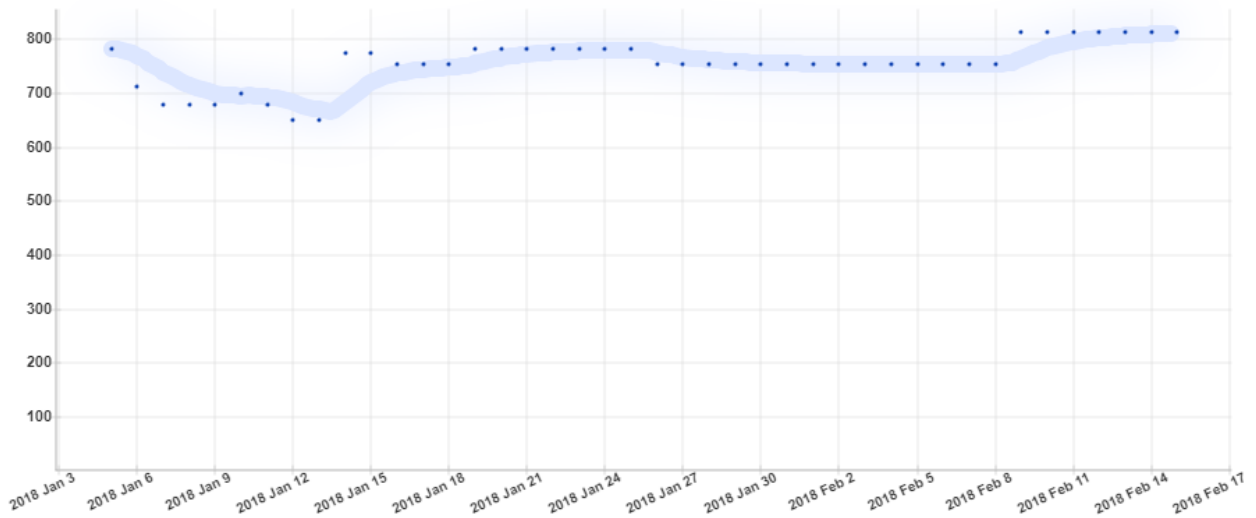
Potassium (mg) from 2018 January 5 to 2018 February 15



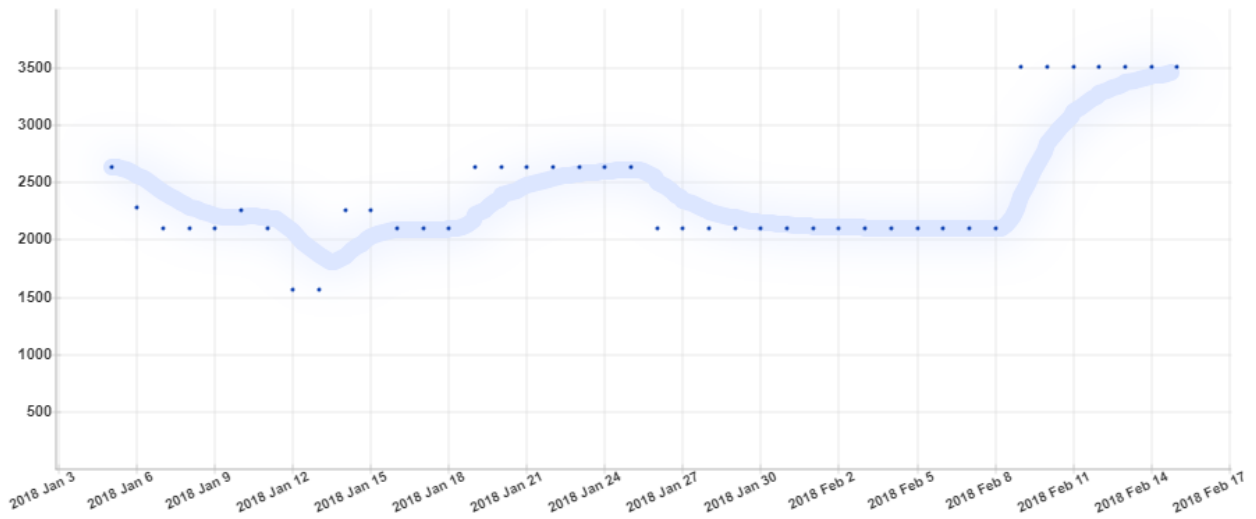
Sodium (mg) from 2018 January 5 to 2018 February 15



Magnesium (mg) from 2018 January 5 to 2018 February 15



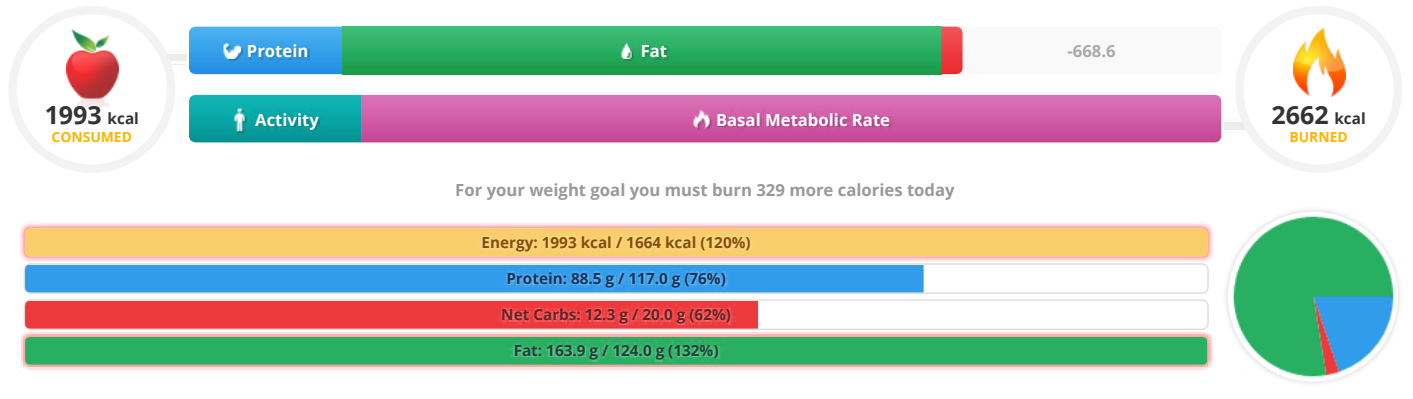
Calcium (mg) from 2018 January 5 to 2018 February 15



Diary for 2018 January 5, Friday

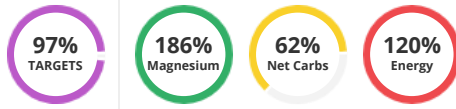
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	225.6	lbs	
Body Fat (Nokia)	28.41	%	
Sleep (Fitbit)	4.57	hours	
Keto Chow 2.1	3	Serving	1.38
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Keto Chow Fish Oil	1 × 2	Pills	0
Ketones (Blood)	0.2	mmol/L	

Calories Summary



Nutrients for 2018 January 5, Friday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

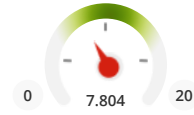
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

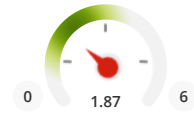
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

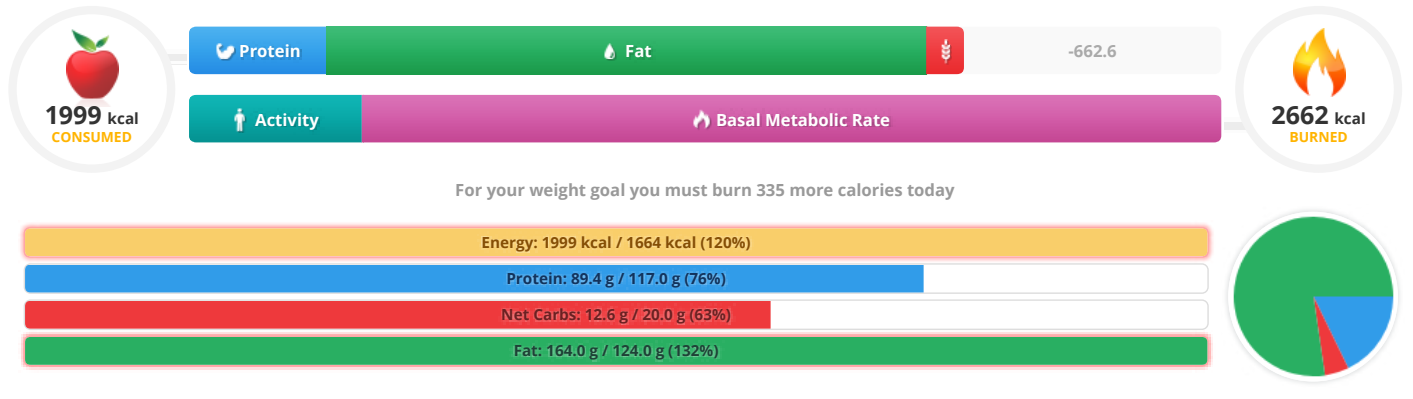


CALCIUM : MAGNESIUM

Diary for 2018 January 6, Saturday

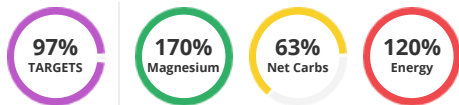
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	221.03	lbs	
Body Fat (Nokia)	28.91	%	
Sleep (Fitbit)	7.73	hours	
Keto Chow Fish Oil	1 × 2 Pills		0
Keto Chow 2.1	1 Serving		0.46
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Keto Chow 2.0, Strawberry	1 Scoop		0.57
Keto Chow 2.0, Banana	1 Scoop		0.57
Ketones (Blood)	0.9	mmol/L	

Calories Summary



Nutrients for 2018 January 6, Saturday

Nutrient Targets



General		
Energy	1999.0 kcal	120%

Carbohydrates		
Carbs	32.3 g	81%
Fiber	19.7 g	98%
Net Carbs	12.6 g	63%
Starch	0.0 g	No Target
Sugars	12.8 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	164.0 g	132%
Monounsaturated	36.8 g	No Target
Polyunsaturated	6.4 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	89.4 g	76%

Vitamins		
B1 (Thiamine)	2.0 mg	165%
B2 (Riboflavin)	3.6 mg	279%
B3 (Niacin)	20.9 mg	131%
B5 (Pantothenic Acid)	15.1 mg	302%
B6 (Pyridoxine)	2.5 mg	195%
B12 (Cobalamin)	8.0 µg	335%
Folate	435.3 µg	109%
Vitamin A	5934.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2279.3 mg	228%
Copper	2.1 mg	230%
Iron	14.2 mg	356%
Magnesium	713.4 mg	170%
Manganese	2.4 mg	105%
Phosphorus	1200.0 mg	171%
Potassium	5240.0 mg	111%
Selenium	237.2 µg	431%
Sodium	2773.3 mg	92%
Zinc	19.5 mg	178%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

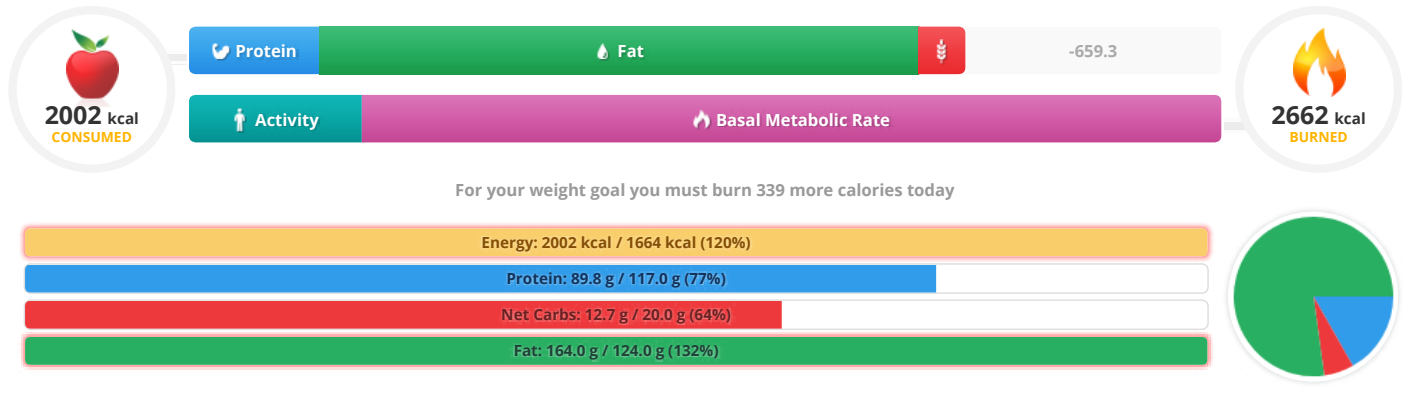


CALCIUM : MAGNESIUM

Diary for 2018 January 7, Sunday

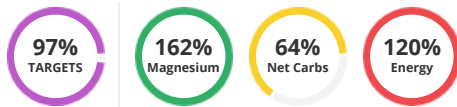
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)		217.98 lbs	
Body Fat (Nokia)		29.76 %	
Sleep (Fitbit)		7.77 hours	
Keto Chow Fish Oil		1 × 2 Pills	0
Cream, fluid, heavy whipping Darigold 40%		400 ml	10.96
Keto Chow 2.0, Strawberry		2 Scoop	1.14
Keto Chow 2.0, Banana		1 Scoop	0.57
White bread, store bought		0.1 g	0.05
Ketones (Blood)		1.9 mmol/L	
Ketones (Blood)		0.9 mmol/L	

Calories Summary



Nutrients for 2018 January 7, Sunday

Nutrient Targets



General		
Energy	2002.3 kcal	120%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	18.8 g	94%
Net Carbs	12.7 g	64%
Starch	0.0 g	No Target
Sugars	13.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	164.0 g	132%
Monounsaturated	37.0 g	No Target
Polyunsaturated	6.4 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	89.8 g	77%

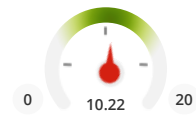
Vitamins		
B1 (Thiamine)	2.2 mg	182%
B2 (Riboflavin)	4.2 mg	323%
B3 (Niacin)	21.2 mg	133%
B5 (Pantothenic Acid)	16.7 mg	334%
B6 (Pyridoxine)	2.7 mg	209%
B12 (Cobalamin)	8.7 µg	364%
Folate	445.1 µg	111%
Vitamin A	5933.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2102.5 mg	210%
Copper	2.1 mg	232%
Iron	18.7 mg	468%
Magnesium	679.0 mg	162%
Manganese	2.4 mg	105%
Phosphorus	1189.1 mg	170%
Potassium	5284.1 mg	112%
Selenium	244.8 µg	445%
Sodium	2782.8 mg	93%
Zinc	21.3 mg	194%

Nutrient Balances



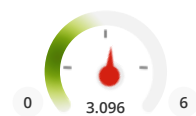
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

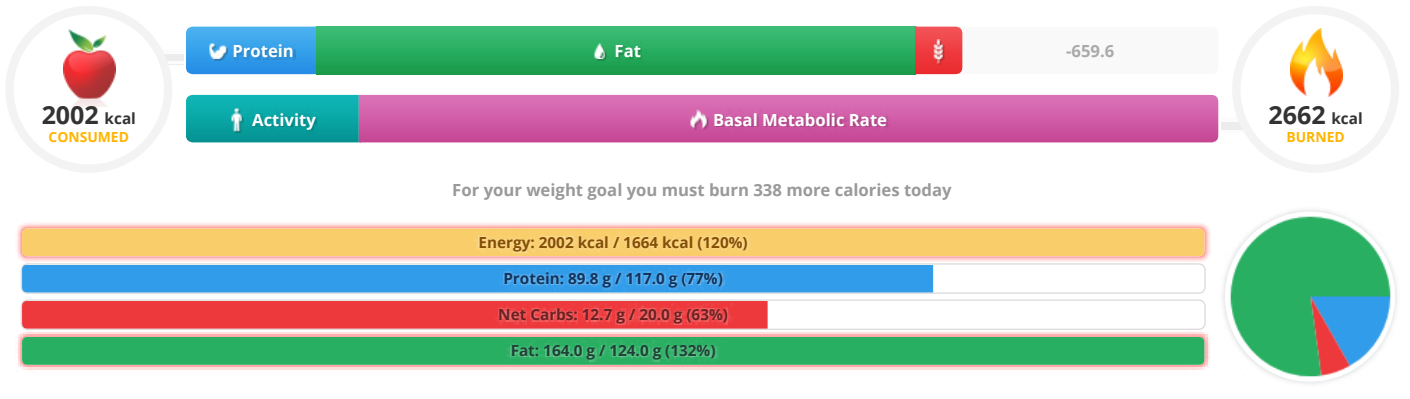


CALCIUM : MAGNESIUM

Diary for 2018 January 8, Monday

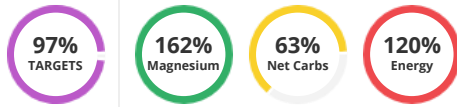
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)		217.77 lbs	
Body Fat (Nokia)		29.96 %	
Sleep (Fitbit)		4.42 hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Keto Chow 2.0, Strawberry	2	Scoop	1.14
Keto Chow 2.0, Banana	1	Scoop	0.57

Calories Summary



Nutrients for 2018 January 8, Monday

Nutrient Targets



General		
Energy	2002.0 kcal	120%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	18.8 g	94%
Net Carbs	12.7 g	63%
Starch	0.0 g	No Target
Sugars	13.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	164.0 g	132%
Monounsaturated	37.0 g	No Target
Polyunsaturated	6.4 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	89.8 g	77%

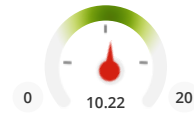
Vitamins		
B1 (Thiamine)	2.2 mg	182%
B2 (Riboflavin)	4.2 mg	323%
B3 (Niacin)	21.2 mg	133%
B5 (Pantothenic Acid)	16.7 mg	334%
B6 (Pyridoxine)	2.7 mg	209%
B12 (Cobalamin)	8.7 µg	364%
Folate	445.0 µg	111%
Vitamin A	5933.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2102.3 mg	210%
Copper	2.1 mg	232%
Iron	18.7 mg	468%
Magnesium	679.0 mg	162%
Manganese	2.4 mg	105%
Phosphorus	1189.0 mg	170%
Potassium	5284.0 mg	112%
Selenium	244.8 µg	445%
Sodium	2782.3 mg	93%
Zinc	21.3 mg	194%

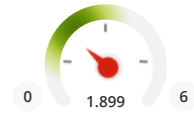
Nutrient Balances



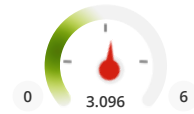
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

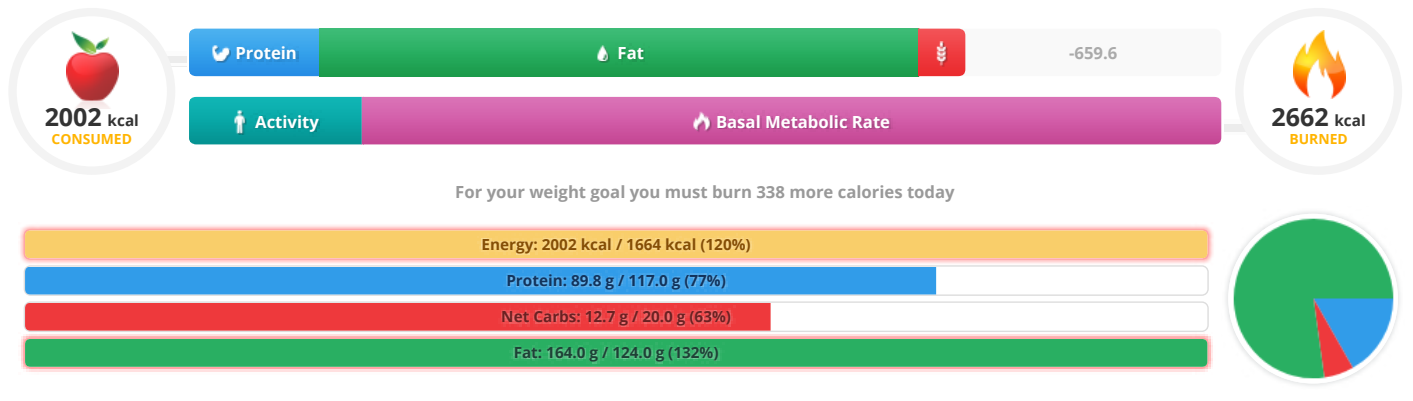


CALCIUM : MAGNESIUM

Diary for 2018 January 9, Tuesday

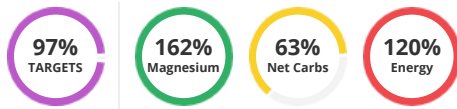
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	215.81	lbs	
Body Fat (Nokia)	27.59	%	
Sleep (Fitbit)	4.73	hours	
Keto Chow Fish Oil	1 × 2 Pills		0
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Keto Chow 2.0, Strawberry	1 Scoop		0.57
Keto Chow 2.0, Banana	2 Scoop		1.14
Ketones (Blood)	0.6	mmol/L	

Calories Summary



Nutrients for 2018 January 9, Tuesday

Nutrient Targets



General		
Energy	2002.0 kcal	120%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	18.8 g	94%
Net Carbs	12.7 g	63%
Starch	0.0 g	No Target
Sugars	13.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	164.0 g	132%
Monounsaturated	37.0 g	No Target
Polyunsaturated	6.4 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	89.8 g	77%

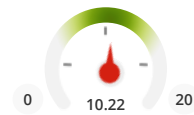
Vitamins		
B1 (Thiamine)	2.2 mg	182%
B2 (Riboflavin)	4.2 mg	323%
B3 (Niacin)	21.2 mg	133%
B5 (Pantothenic Acid)	16.7 mg	334%
B6 (Pyridoxine)	2.7 mg	209%
B12 (Cobalamin)	8.7 µg	364%
Folate	445.0 µg	111%
Vitamin A	5933.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2102.3 mg	210%
Copper	2.1 mg	232%
Iron	18.7 mg	468%
Magnesium	679.0 mg	162%
Manganese	2.4 mg	105%
Phosphorus	1189.0 mg	170%
Potassium	5284.0 mg	112%
Selenium	244.8 µg	445%
Sodium	2782.3 mg	93%
Zinc	21.3 mg	194%

Nutrient Balances



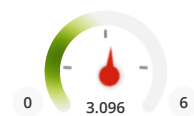
OMEGA-6 : OMEGA-3



ZINC : COPPER












POTASSIUM : SODIUM

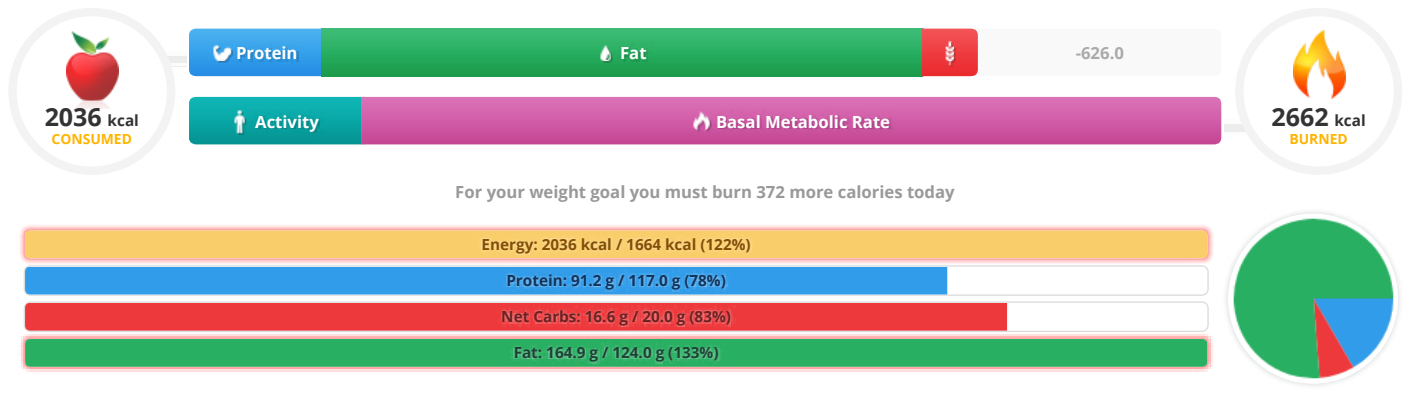


CALCIUM : MAGNESIUM

Diary for 2018 January 10, Wednesday

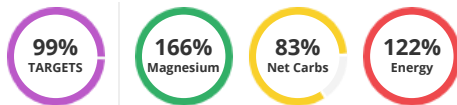
Description	Amount	Unit	Net Carbs (g)
 Keto Chow 2.0 - Vanilla		3 Scoop	1.71
 Sleep (Fitbit)		4.47 hours	
 Weight (Nokia)		217.36 lbs	
 Body Fat (Nokia)		27.68 %	
 Keto Chow Fish Oil		1 × 2 Pills	0
 Cream, fluid, heavy whipping Darigold 40%		400 ml	10.96
 Dill Pickles		280 g	3.95
 The Pickle Juice Company, Pickle Juice, Sport Drink		1 × 8 fl oz	0
 Ketones (Blood)		0.6 mmol/L	

Calories Summary



Nutrients for 2018 January 10, Wednesday

Nutrient Targets



General		
Energy	2035.6 kcal	122%

Carbohydrates		
Carbs	38.2 g	95%
Fiber	21.6 g	108%
Net Carbs	16.6 g	83%
Starch	1.0 g	No Target
Sugars	16.4 g	No Target
Sugar Alcohol	0.2 g	No Target

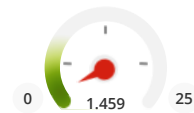
Lipids		
Fat	164.9 g	133%
Monounsaturated	37.1 g	No Target
Polyunsaturated	6.8 g	No Target
Omega-3	2.8 g	175%

Protein		
Protein	91.2 g	78%

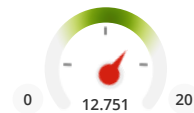
Vitamins		
B1 (Thiamine)	2.3 mg	192%
B2 (Riboflavin)	4.4 mg	336%
B3 (Niacin)	21.5 mg	135%
B5 (Pantothenic Acid)	17.2 mg	345%
B6 (Pyridoxine)	2.8 mg	217%
B12 (Cobalamin)	8.7 µg	364%
Folate	467.4 µg	117%
Vitamin A	6283.3 IU	209%
Vitamin C	386.8 mg	430%
Vitamin D	2652.0 IU	442%
Vitamin E	27.8 mg	185%
Vitamin K	181.2 µg	151%

Minerals		
Calcium	2261.9 mg	226%
Copper	2.2 mg	241%
Iron	19.4 mg	486%
Magnesium	698.6 mg	166%
Manganese	2.6 mg	113%
Phosphorus	1233.8 mg	176%
Potassium	5681.2 mg	121%
Selenium	244.8 µg	445%
Sodium	5868.3 mg	196%
Zinc	27.6 mg	251%

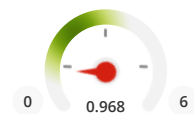
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

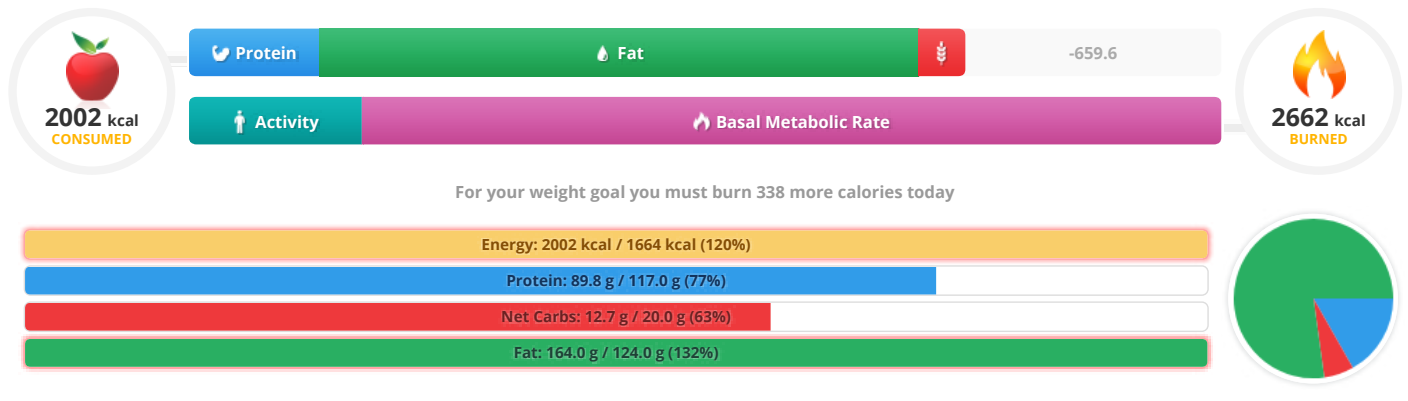


CALCIUM : MAGNESIUM

Diary for 2018 January 11, Thursday

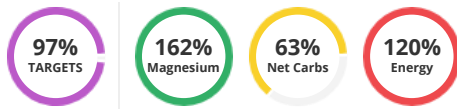
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)		217.25 lbs	
Body Fat (Nokia)		26.57 %	
Sleep (Fitbit)		6.88 hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Ketones (Blood)	0.8	mmol/L	
Keto Chow 2.0, Strawberry	1	Scoop	0.57
Keto Chow 2.0, Banana	2	Scoop	1.14

Calories Summary



Nutrients for 2018 January 11, Thursday

Nutrient Targets



General		
Energy	2002.0 kcal	120%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	18.8 g	94%
Net Carbs	12.7 g	63%
Starch	0.0 g	No Target
Sugars	13.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	164.0 g	132%
Monounsaturated	37.0 g	No Target
Polyunsaturated	6.4 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	89.8 g	77%

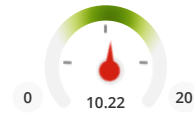
Vitamins		
B1 (Thiamine)	2.2 mg	182%
B2 (Riboflavin)	4.2 mg	323%
B3 (Niacin)	21.2 mg	133%
B5 (Pantothenic Acid)	16.7 mg	334%
B6 (Pyridoxine)	2.7 mg	209%
B12 (Cobalamin)	8.7 µg	364%
Folate	445.0 µg	111%
Vitamin A	5933.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2102.3 mg	210%
Copper	2.1 mg	232%
Iron	18.7 mg	468%
Magnesium	679.0 mg	162%
Manganese	2.4 mg	105%
Phosphorus	1189.0 mg	170%
Potassium	5284.0 mg	112%
Selenium	244.8 µg	445%
Sodium	2782.3 mg	93%
Zinc	21.3 mg	194%

Nutrient Balances



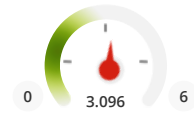
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

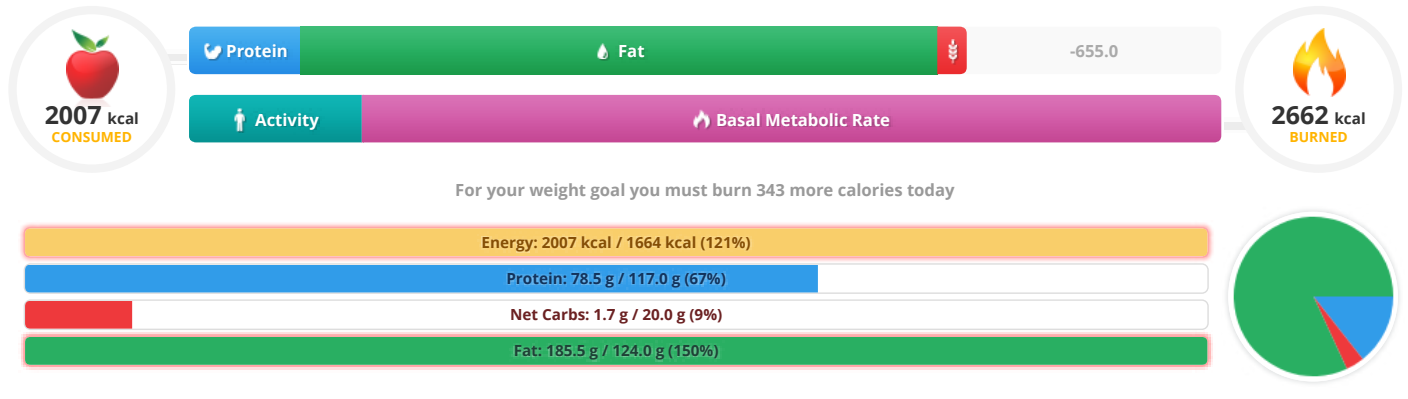


CALCIUM : MAGNESIUM

Diary for 2018 January 12, Friday

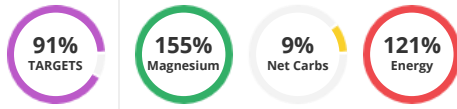
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		6.38 hours	
Weight (Nokia)		216.19 lbs	
Body Fat (Nokia)		28.89 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Grapeseed Oil (ml)	197	ml	0
Ketones (Blood)		1.8 mmol/L	
Keto Chow 2.0, Strawberry	1	Scoop	0.57
Keto Chow 2.0, Banana	2	Scoop	1.14

Calories Summary



Nutrients for 2018 January 12, Friday

Nutrient Targets



General		
Energy	2006.6 kcal	121%

Carbohydrates		
Carbs	20.5 g	51%
Fiber	18.8 g	94%
Net Carbs	1.7 g	9%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.5 g	150%
Monounsaturated	29.9 g	No Target
Polyunsaturated	127.0 g	No Target
Omega-3	2.1 g	131%

Protein		
Protein	78.5 g	67%

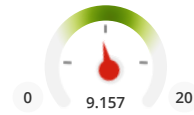
Vitamins		
B1 (Thiamine)	2.1 mg	175%
B2 (Riboflavin)	3.5 mg	265%
B3 (Niacin)	21.0 mg	131%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	76.3 mg	509%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	1569.0 mg	157%
Copper	2.2 mg	247%
Iron	18.3 mg	457%
Magnesium	651.0 mg	155%
Manganese	2.4 mg	104%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	258.9 µg	471%
Sodium	2649.0 mg	88%
Zinc	20.4 mg	185%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

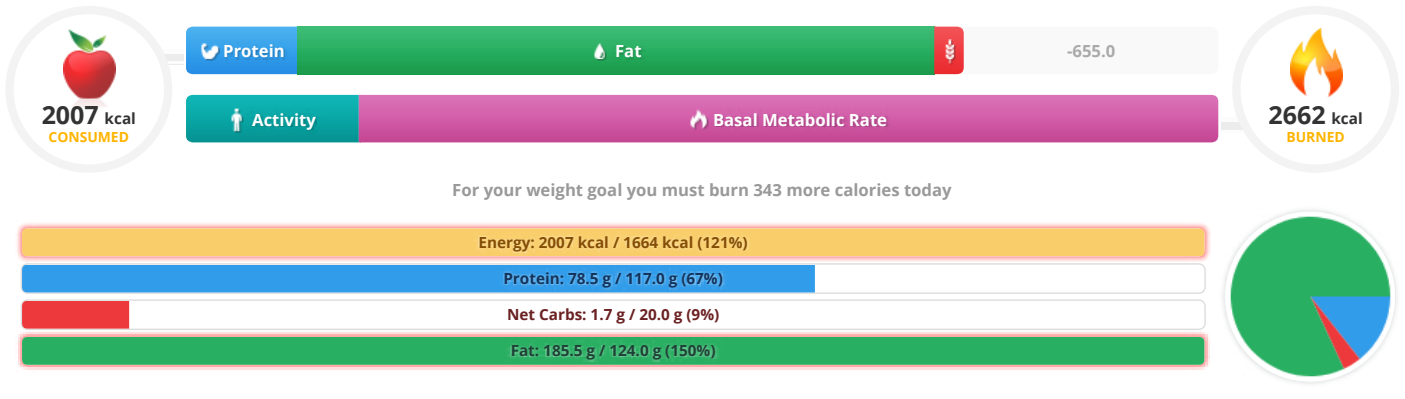


CALCIUM : MAGNESIUM

Diary for 2018 January 13, Saturday

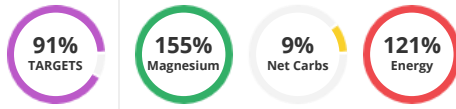
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		7.37 hours	
Weight (Nokia)		214.97 lbs	
Body Fat (Nokia)		29.73 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Grapeseed Oil (ml)		197 ml	0
Keto Chow 2.0, Strawberry		1 Scoop	0.57
Keto Chow 2.0, Banana		2 Scoop	1.14
Ketones (Blood)		2.2 mmol/L	

Calories Summary



Nutrients for 2018 January 13, Saturday

Nutrient Targets



General		
Energy	2006.6 kcal	121%

Carbohydrates		
Carbs	20.5 g	51%
Fiber	18.8 g	94%
Net Carbs	1.7 g	9%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.5 g	150%
Monounsaturated	29.9 g	No Target
Polyunsaturated	127.0 g	No Target
Omega-3	2.1 g	131%

Protein		
Protein	78.5 g	67%

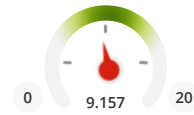
Vitamins		
B1 (Thiamine)	2.1 mg	175%
B2 (Riboflavin)	3.5 mg	265%
B3 (Niacin)	21.0 mg	131%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	76.3 mg	509%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	1569.0 mg	157%
Copper	2.2 mg	247%
Iron	18.3 mg	457%
Magnesium	651.0 mg	155%
Manganese	2.4 mg	104%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	258.9 µg	471%
Sodium	2649.0 mg	88%
Zinc	20.4 mg	185%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

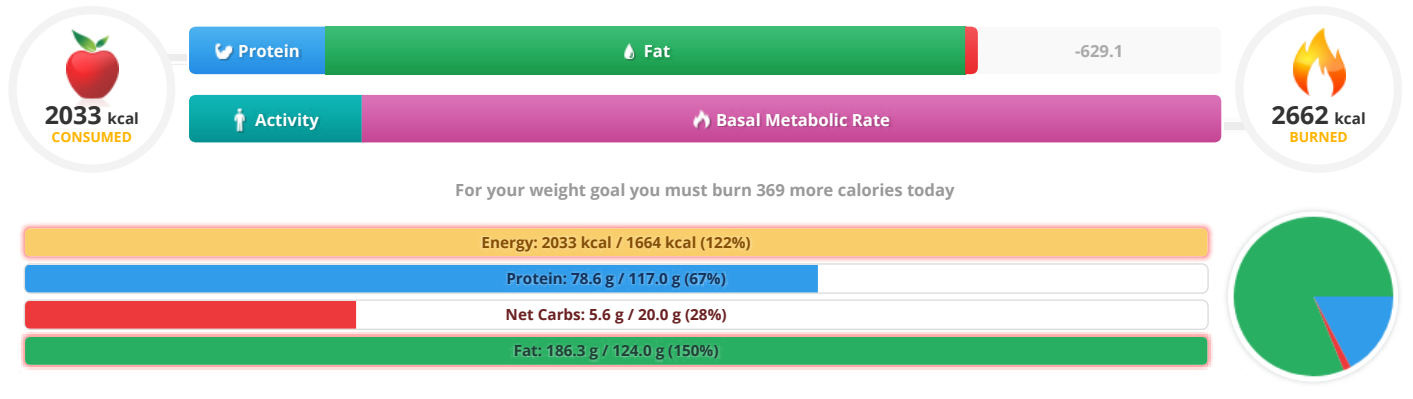


CALCIUM : MAGNESIUM

Diary for 2018 January 14, Sunday

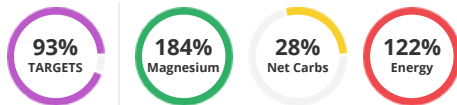
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)	6.33	hours	
Weight (Nokia)	216.02	lbs	
Body Fat (Nokia)	28.27	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Grapeseed Oil (ml)	197	ml	0
Ketones (Blood)	3.2	mmol/L	
Dill Pickles	280	g	3.95
White bread, store bought	0.5	g	0.23

Calories Summary



Nutrients for 2018 January 14, Sunday

Nutrient Targets



General		
Energy	2032.5 kcal	122%

Carbohydrates		
Carbs	29.9 g	75%
Fiber	24.3 g	122%
Net Carbs	5.6 g	28%
Starch	1.1 g	No Target
Sugars	3.0 g	No Target
Sugar Alcohol	0.2 g	No Target

Lipids		
Fat	186.3 g	150%
Monounsaturated	29.2 g	No Target
Polyunsaturated	127.2 g	No Target
Omega-3	2.3 g	142%

Protein		
Protein	78.6 g	67%

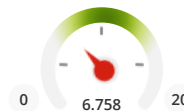
Vitamins		
B1 (Thiamine)	1.6 mg	136%
B2 (Riboflavin)	1.9 mg	144%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	10.6 mg	211%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.0 µg	250%
Folate	422.9 µg	106%
Vitamin A	953.0 IU	32%
Vitamin C	366.4 mg	407%
Vitamin D	2400.0 IU	400%
Vitamin E	76.4 mg	509%
Vitamin K	168.4 µg	140%

Minerals		
Calcium	2260.3 mg	226%
Copper	2.3 mg	251%
Iron	5.7 mg	142%
Magnesium	773.8 mg	184%
Manganese	2.6 mg	112%
Phosphorus	1035.3 mg	148%
Potassium	5080.2 mg	108%
Selenium	236.2 µg	430%
Sodium	4889.7 mg	163%
Zinc	15.3 mg	139%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

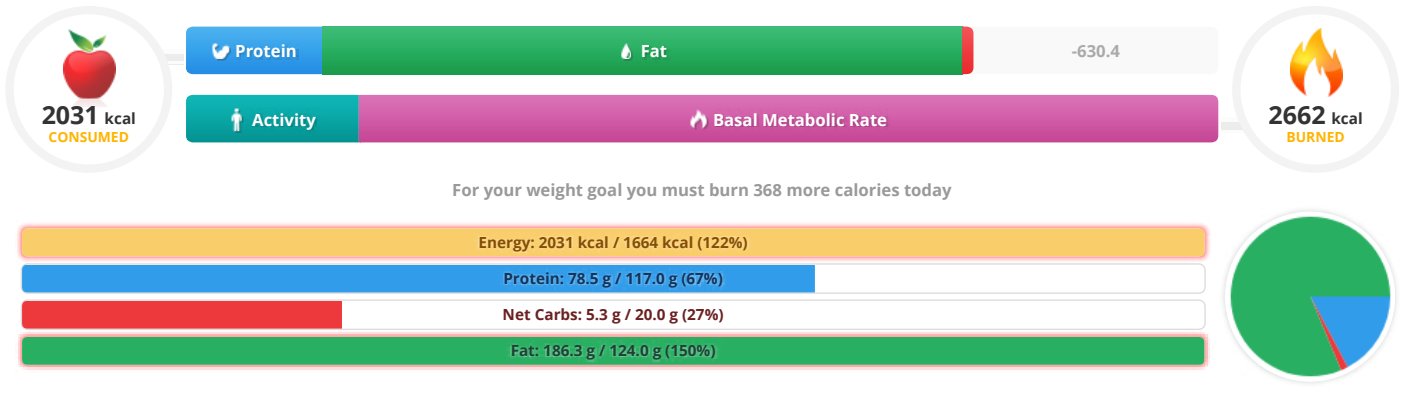


CALCIUM : MAGNESIUM

Diary for 2018 January 15, Monday

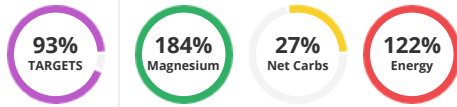
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	216.34	lbs	
Body Fat (Nokia)	27.98	%	
Sleep (Fitbit)	6.77	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Grapeseed Oil (ml)	197	ml	0
Ketones (Blood)	3.3	mmol/L	
Dill Pickles	280	g	3.95

Calories Summary



Nutrients for 2018 January 15, Monday

Nutrient Targets



General		
Energy	2031.2 kcal	122%

Carbohydrates		
Carbs	29.6 g	74%
Fiber	24.3 g	122%
Net Carbs	5.3 g	27%
Starch	1.0 g	No Target
Sugars	3.0 g	No Target
Sugar Alcohol	0.2 g	No Target

Lipids		
Fat	186.3 g	150%
Monounsaturated	29.2 g	No Target
Polyunsaturated	127.2 g	No Target
Omega-3	2.3 g	142%

Protein		
Protein	78.5 g	67%

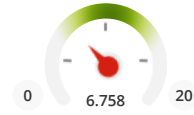
Vitamins		
B1 (Thiamine)	1.6 mg	136%
B2 (Riboflavin)	1.9 mg	144%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	10.6 mg	211%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.0 µg	250%
Folate	422.4 µg	106%
Vitamin A	953.0 IU	32%
Vitamin C	366.4 mg	407%
Vitamin D	2400.0 IU	400%
Vitamin E	76.4 mg	509%
Vitamin K	168.4 µg	140%

Minerals		
Calcium	2259.6 mg	226%
Copper	2.3 mg	251%
Iron	5.6 mg	141%
Magnesium	773.7 mg	184%
Manganese	2.6 mg	112%
Phosphorus	1034.8 mg	148%
Potassium	5079.6 mg	108%
Selenium	236.1 µg	429%
Sodium	4887.2 mg	163%
Zinc	15.3 mg	139%

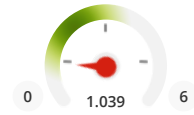
Nutrient Balances



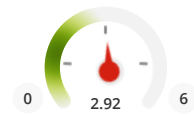
OMEGA-6 : OMEGA-3



ZINC : COPPER










POTASSIUM : SODIUM

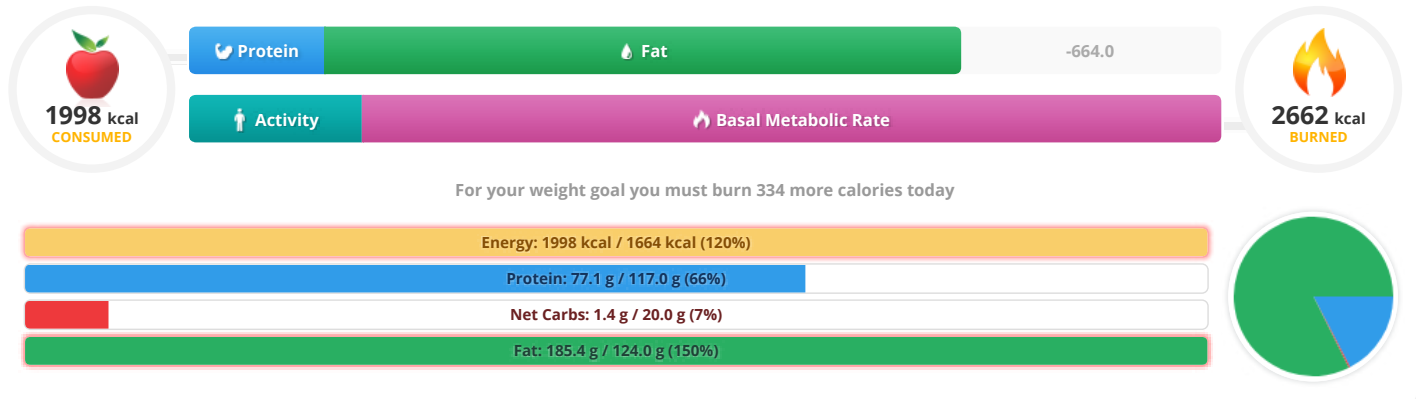


CALCIUM : MAGNESIUM

Diary for 2018 January 16, Tuesday

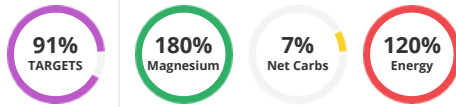
Description	Amount	Unit	Net Carbs (g)
 Weight (Nokia)	215.32	lbs	
 Body Fat (Nokia)	28.52	%	
 Sleep (Fitbit)	7.17	hours	
 Keto Chow Fish Oil	1	× 2 Pills	0
 Keto Chow 2.1	3	Serving	1.38
 Grapeseed Oil (ml)	197	ml	0
 Ketones (Blood)	2.5	mmol/L	

Calories Summary



Nutrients for 2018 January 16, Tuesday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	29.2 g	No Target
Polyunsaturated	126.9 g	No Target
Omega-3	2.1 g	129%

Protein		
Protein	77.1 g	66%

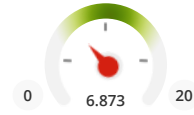
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	76.3 mg	509%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.2 mg	243%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	236.1 µg	429%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



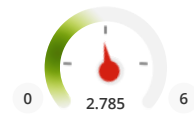
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

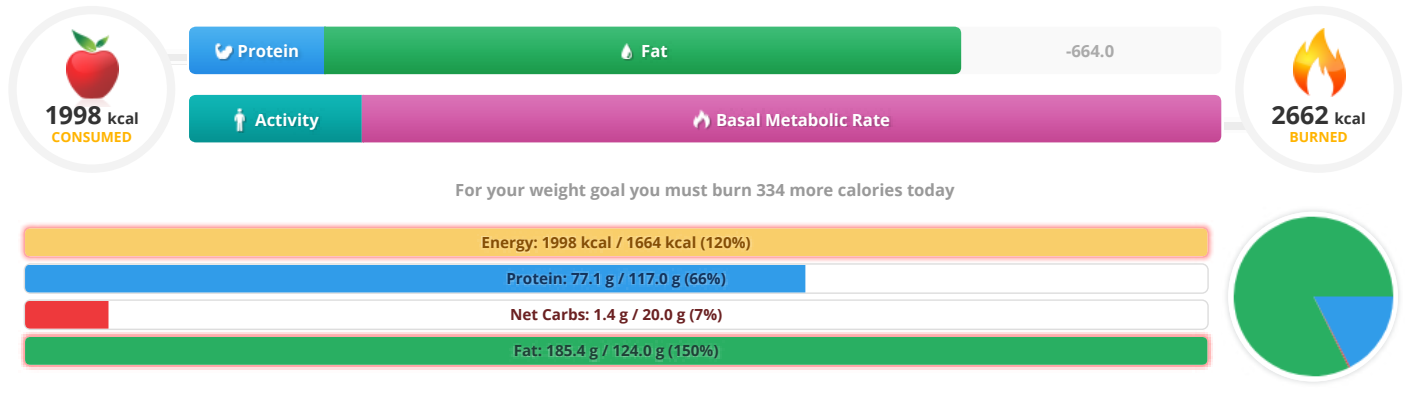


CALCIUM : MAGNESIUM

Diary for 2018 January 17, Wednesday

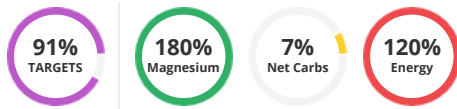
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		5 hours	
Weight (Nokia)		214.31 lbs	
Body Fat (Nokia)		27.62 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Keto Chow 2.1		3 Serving	1.38
Grapeseed Oil (ml)		197 ml	0
Ketones (Blood)		2.1 mmol/L	

Calories Summary



Nutrients for 2018 January 17, Wednesday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	29.2 g	No Target
Polyunsaturated	126.9 g	No Target
Omega-3	2.1 g	129%

Protein		
Protein	77.1 g	66%

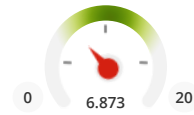
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	76.3 mg	509%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.2 mg	243%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	236.1 µg	429%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



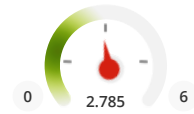
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

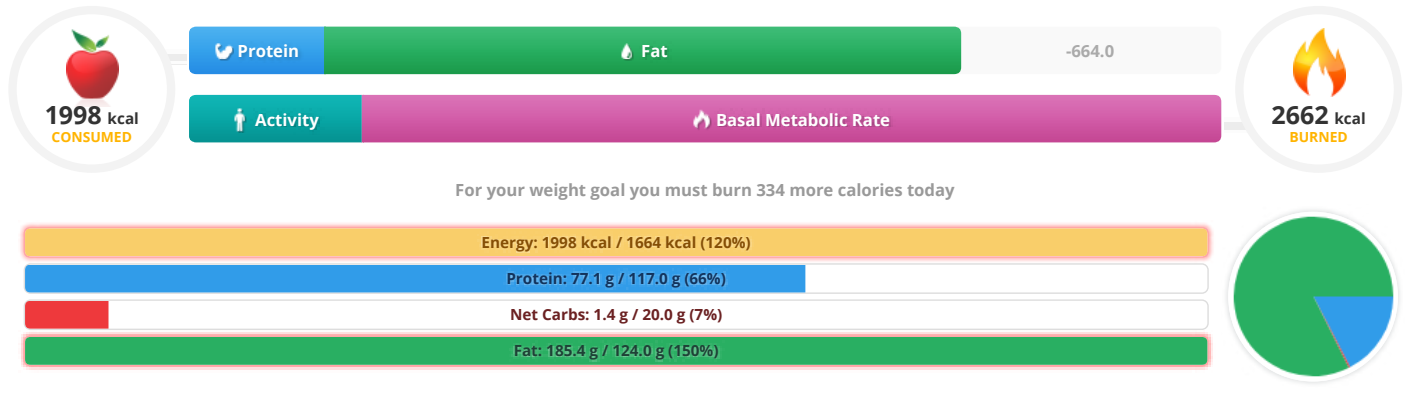


CALCIUM : MAGNESIUM

Diary for 2018 January 18, Thursday

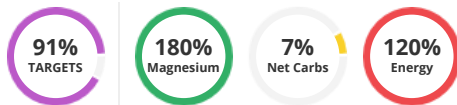
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	213.32	lbs	
Body Fat (Nokia)	27.85	%	
Sleep (Fitbit)	6.35	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Grapeseed Oil (ml)	197	ml	0
Ketones (Blood)	3.9	mmol/L	

Calories Summary



Nutrients for 2018 January 18, Thursday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	29.2 g	No Target
Polyunsaturated	126.9 g	No Target
Omega-3	2.1 g	129%

Protein		
Protein	77.1 g	66%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	76.3 mg	509%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.2 mg	243%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	236.1 µg	429%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

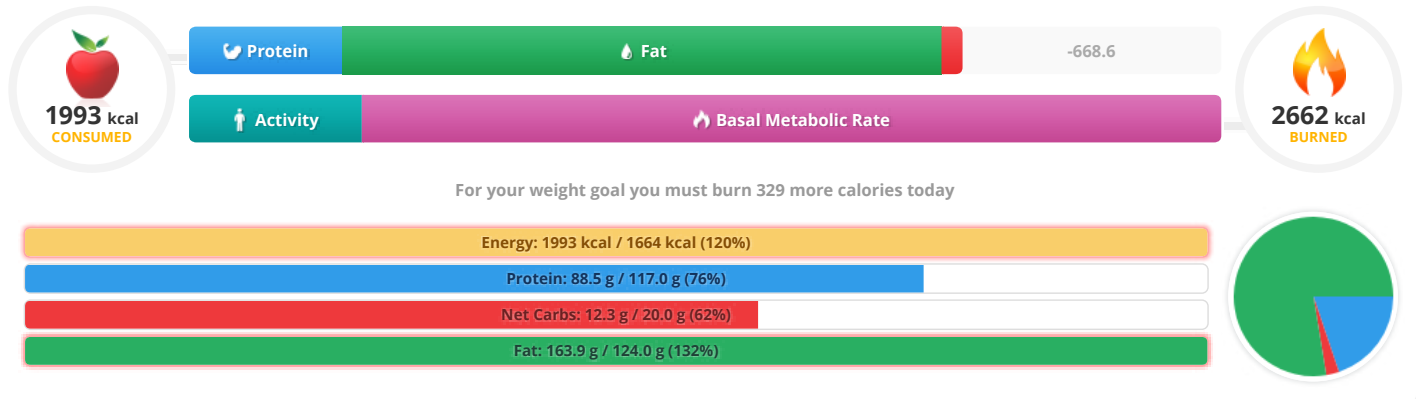


CALCIUM : MAGNESIUM

Diary for 2018 January 19, Friday

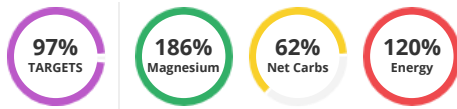
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		5.83 hours	
Weight (Nokia)		212.31 lbs	
Body Fat (Nokia)		28.05 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Keto Chow 2.1		3 Serving	1.38
Cream, fluid, heavy whipping Darigold 40%		400 ml	10.96
Ketones (Blood)		1.8 mmol/L	

Calories Summary



Nutrients for 2018 January 19, Friday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

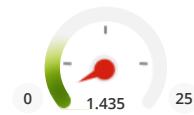
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

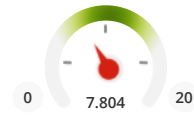
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

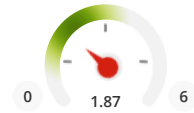
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

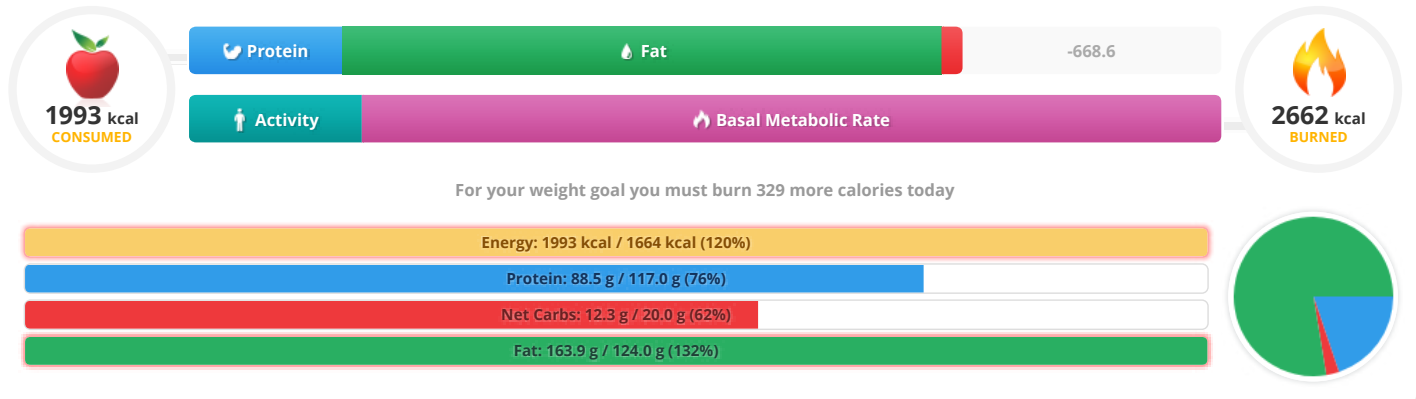


CALCIUM : MAGNESIUM

Diary for 2018 January 20, Saturday

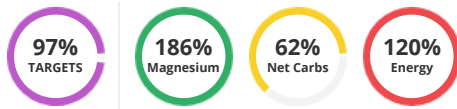
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		6.82 hours	
Weight (Nokia)		211.89 lbs	
Body Fat (Nokia)		28.84 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Keto Chow 2.1		3 Serving	1.38
Cream, fluid, heavy whipping Darigold 40%		400 ml	10.96
Ketones (Blood)		1.5 mmol/L	

Calories Summary



Nutrients for 2018 January 20, Saturday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

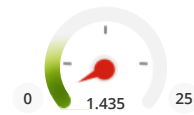
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

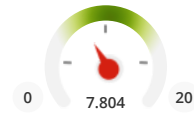
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

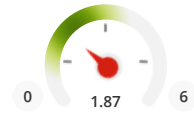
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

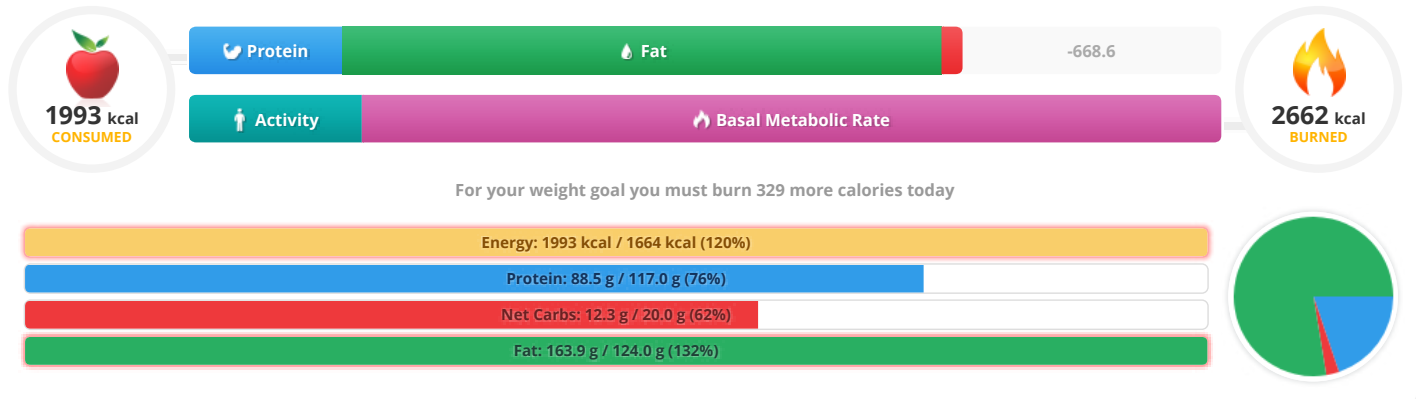


CALCIUM : MAGNESIUM

Diary for 2018 January 21, Sunday

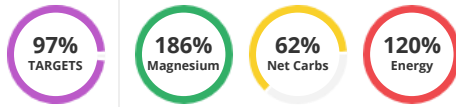
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	212.53	lbs	
Body Fat (Nokia)	27.87	%	
Sleep (Fitbit)	7.67	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Ketones (Blood)	1.3	mmol/L	

Calories Summary



Nutrients for 2018 January 21, Sunday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

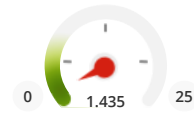
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

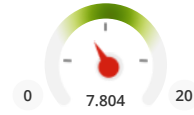
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

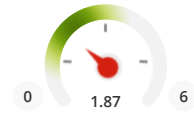
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

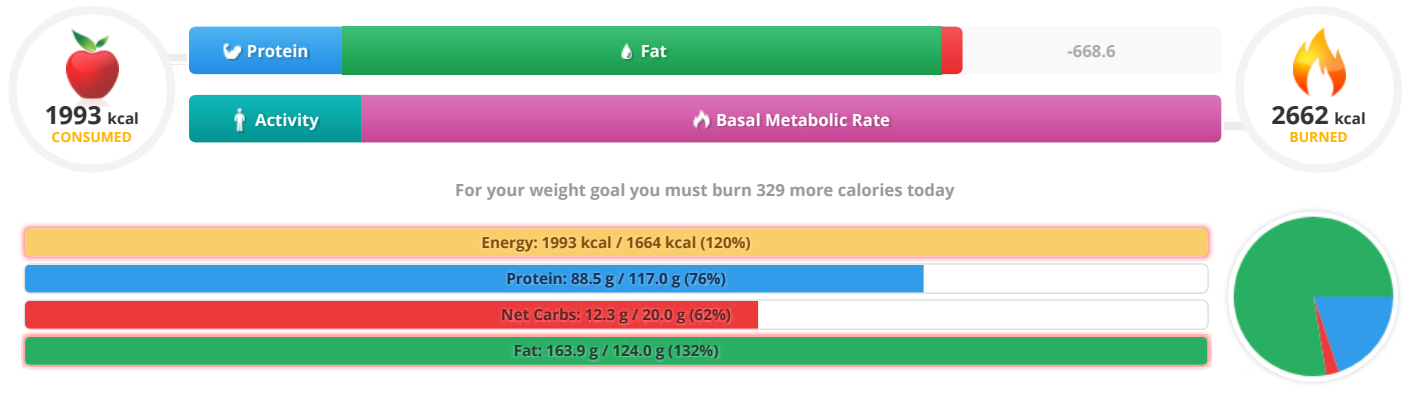


CALCIUM : MAGNESIUM

Diary for 2018 January 22, Monday

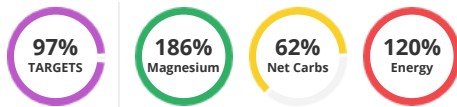
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	210.92	lbs	
Body Fat (Nokia)	28.62	%	
Sleep (Fitbit)	6.25	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Ketones (Blood)	2.2	mmol/L	

Calories Summary



Nutrients for 2018 January 22, Monday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

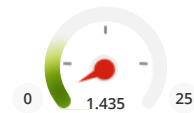
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

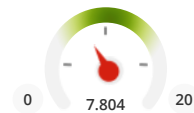
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

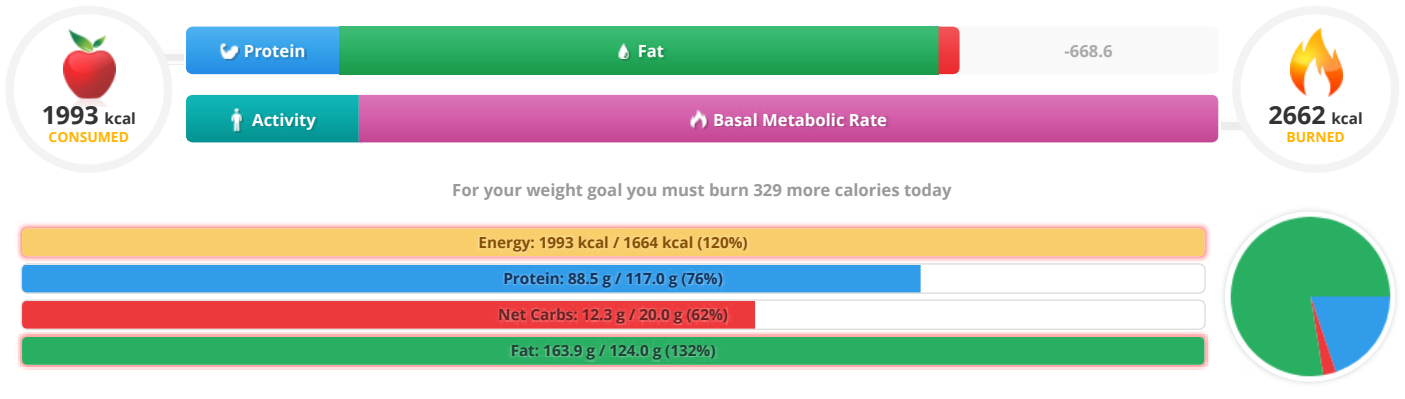


CALCIUM : MAGNESIUM

Diary for 2018 January 23, Tuesday

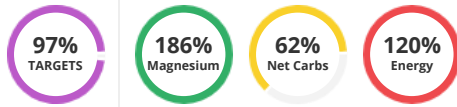
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)		210.67 lbs	
Weight (Nokia)		210.64 lbs	
Body Fat (Nokia)		27.47 %	
Sleep (Fitbit)		7.82 hours	
Keto Chow Fish Oil		1 × 2 Pills	0
Keto Chow 2.1		3 Serving	1.38
Cream, fluid, heavy whipping Darigold 40%		400 ml	10.96
Ketones (Blood)		1.8 mmol/L	

Calories Summary



Nutrients for 2018 January 23, Tuesday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

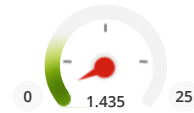
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

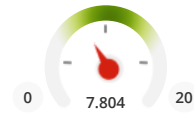
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

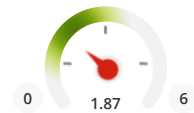
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

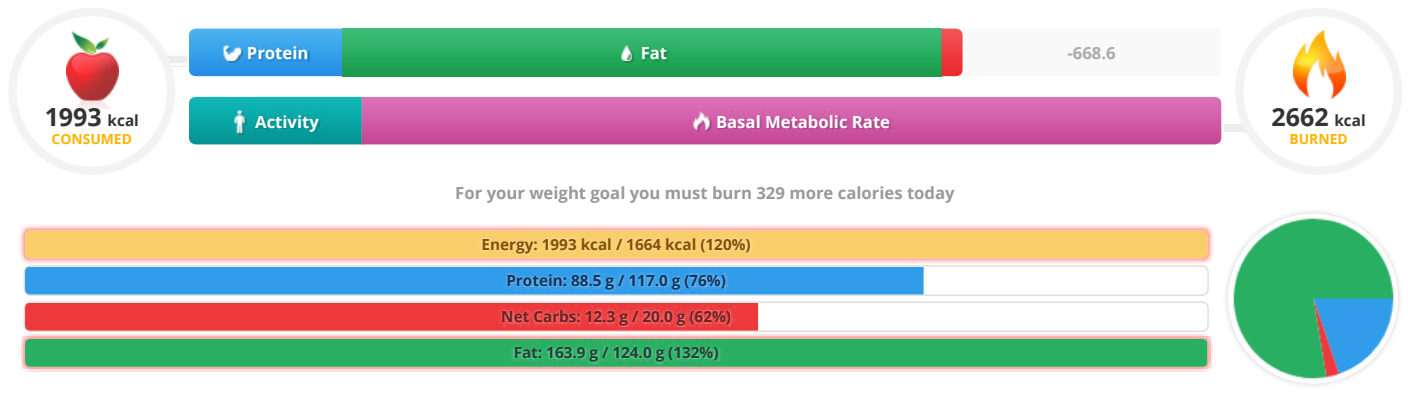


CALCIUM : MAGNESIUM

Diary for 2018 January 24, Wednesday

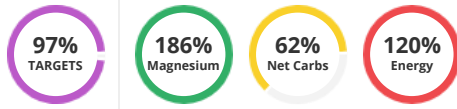
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		5.68 hours	
Weight (Nokia)		211.2 lbs	
Body Fat (Nokia)		27.44 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96

Calories Summary



Nutrients for 2018 January 24, Wednesday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

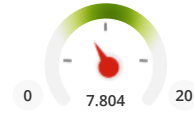
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

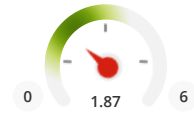
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

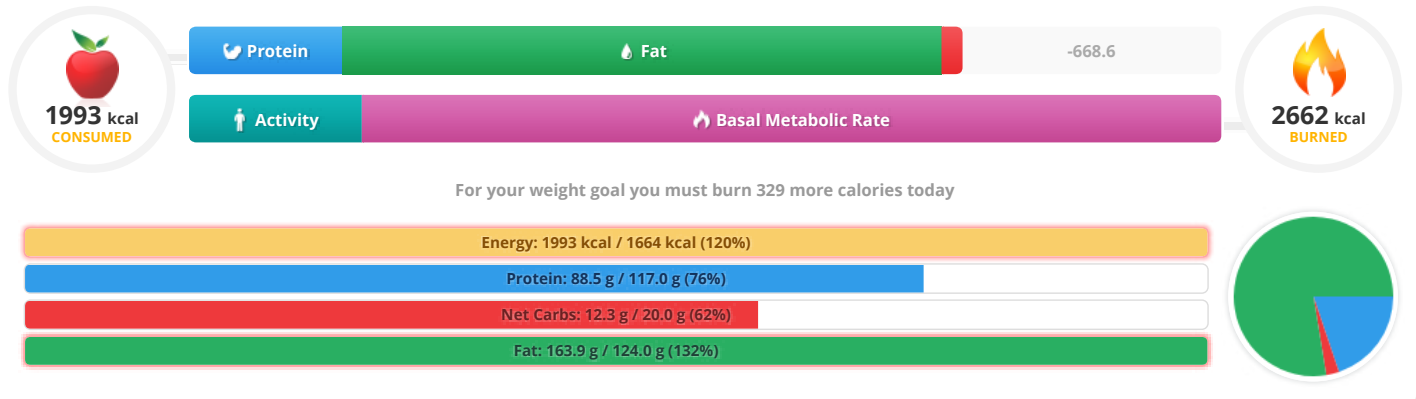


CALCIUM : MAGNESIUM

Diary for 2018 January 25, Thursday

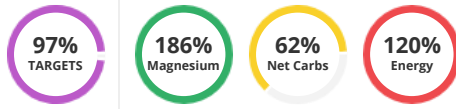
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	211.26	lbs	
Body Fat (Nokia)	24.64	%	
Sleep (Fitbit)	1.3	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Cream, fluid, heavy whipping Darigold 40%	400	ml	10.96
Ketones (Blood)	3.5	mmol/L	

Calories Summary



Nutrients for 2018 January 25, Thursday

Nutrient Targets



General		
Energy	1993.0 kcal	120%

Carbohydrates		
Carbs	33.9 g	85%
Fiber	21.5 g	108%
Net Carbs	12.3 g	62%
Starch	0.0 g	No Target
Sugars	11.7 g	No Target
Sugar Alcohol	0.0 g	No Target

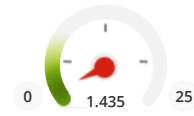
Lipids		
Fat	163.9 g	132%
Monounsaturated	36.4 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.6 g	161%

Protein		
Protein	88.5 g	76%

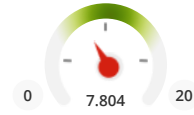
Vitamins		
B1 (Thiamine)	1.6 mg	132%
B2 (Riboflavin)	2.5 mg	189%
B3 (Niacin)	20.3 mg	127%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	165%
B12 (Cobalamin)	6.6 µg	277%
Folate	416.0 µg	104%
Vitamin A	5936.3 IU	198%
Vitamin C	362.4 mg	403%
Vitamin D	2652.0 IU	442%
Vitamin E	27.7 mg	185%
Vitamin K	132.8 µg	111%

Minerals		
Calcium	2633.3 mg	263%
Copper	2.0 mg	227%
Iron	5.3 mg	133%
Magnesium	782.1 mg	186%
Manganese	2.4 mg	105%
Phosphorus	1222.0 mg	175%
Potassium	5152.0 mg	110%
Selenium	222.0 µg	404%
Sodium	2755.3 mg	92%
Zinc	16.0 mg	145%

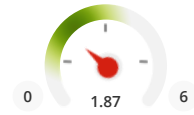
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

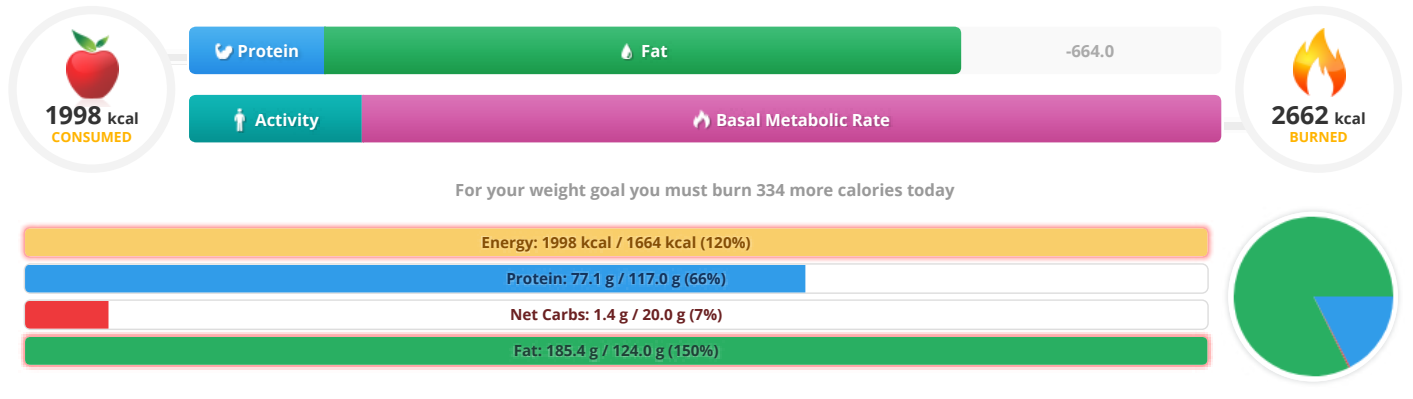


CALCIUM : MAGNESIUM

Diary for 2018 January 26, Friday

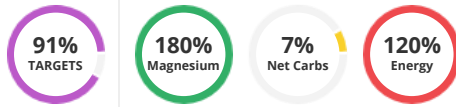
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		6.42 hours	
Weight (Nokia)		209.19 lbs	
Body Fat (Nokia)		27.12 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Macadamia Nut Oil (ml)	197	ml	0
Ketones (Blood)	2.1	mmol/L	

Calories Summary



Nutrients for 2018 January 26, Friday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

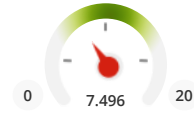
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



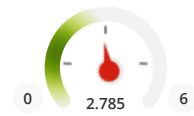
OMEGA-6 : OMEGA-3



ZINC : COPPER










POTASSIUM : SODIUM

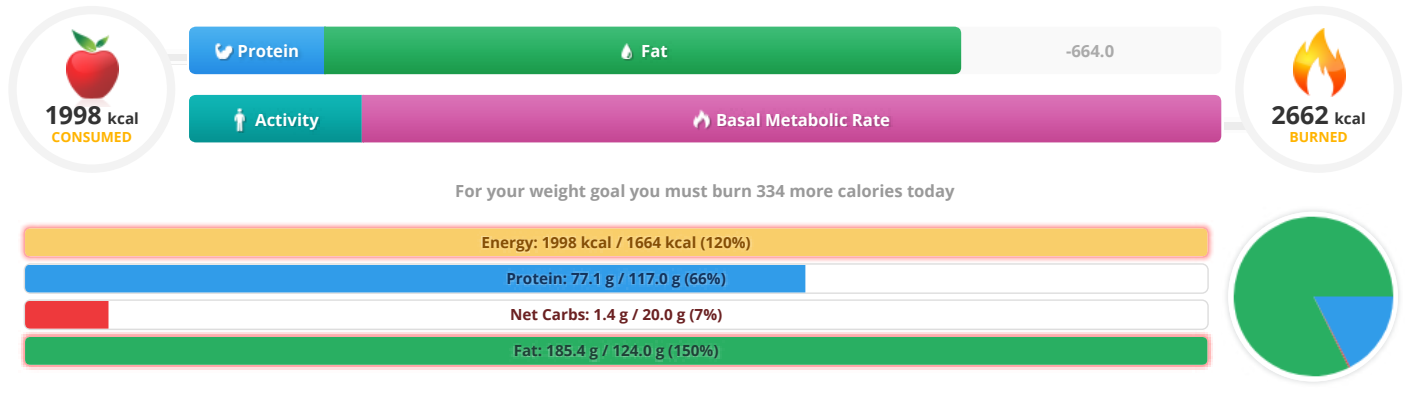


CALCIUM : MAGNESIUM

Diary for 2018 January 27, Saturday

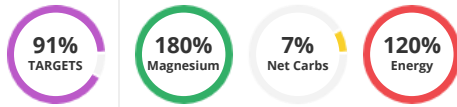
Description	Amount	Unit	Net Carbs (g)
 Sleep (Fitbit)		6.2 hours	
 Weight (Nokia)		211.41 lbs	
 Body Fat (Nokia)		27.8 %	
 Keto Chow Fish Oil		1 × 2 Pills	0
 Keto Chow 2.1		3 Serving	1.38
 Macadamia Nut Oil (ml)		197 ml	0
 Ketones (Blood)		2.8 mmol/L	

Calories Summary



Nutrients for 2018 January 27, Saturday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

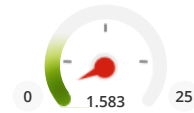
Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

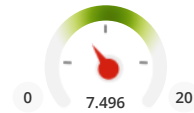
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



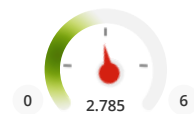
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

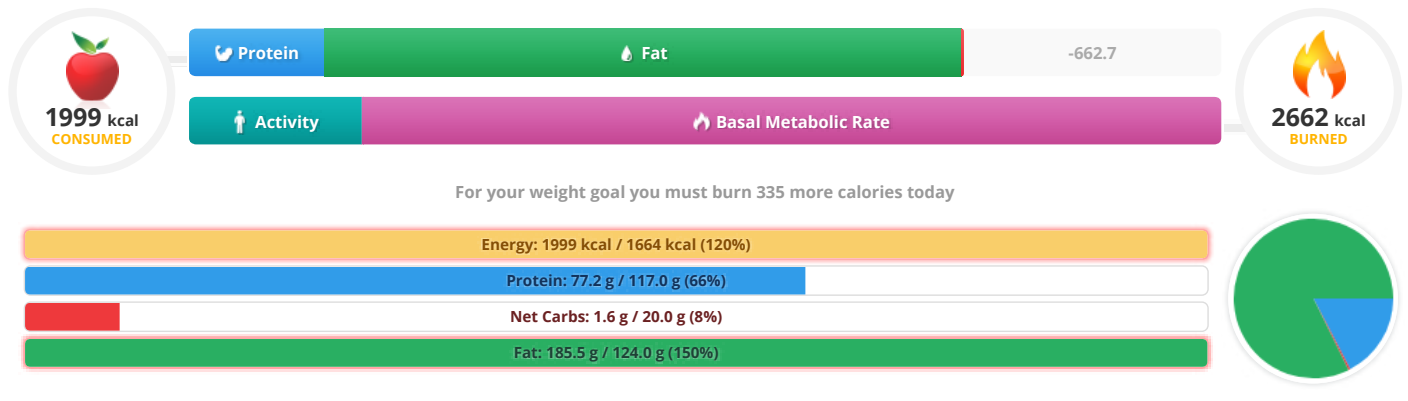


CALCIUM : MAGNESIUM

Diary for 2018 January 28, Sunday

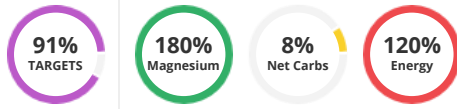
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)		211.4 lbs	
Body Fat (Nokia)		27.08 %	
Sleep (Fitbit)		5.73 hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Macadamia Nut Oil (ml)	197	ml	0
White bread, store bought	0.5	g	0.23
Ketones (Blood)	3	mmol/L	

Calories Summary



Nutrients for 2018 January 28, Sunday

Nutrient Targets



General		
Energy	1998.9 kcal	120%

Carbohydrates		
Carbs	23.1 g	58%
Fiber	21.5 g	108%
Net Carbs	1.6 g	8%
Starch	0.2 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

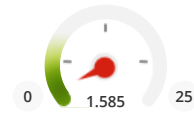
Lipids		
Fat	185.5 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.2 g	66%

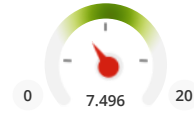
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.5 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.7 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.2 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.5 mg	141%
Potassium	4752.6 mg	101%
Selenium	210.1 µg	382%
Sodium	2624.5 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



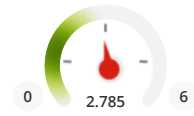
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

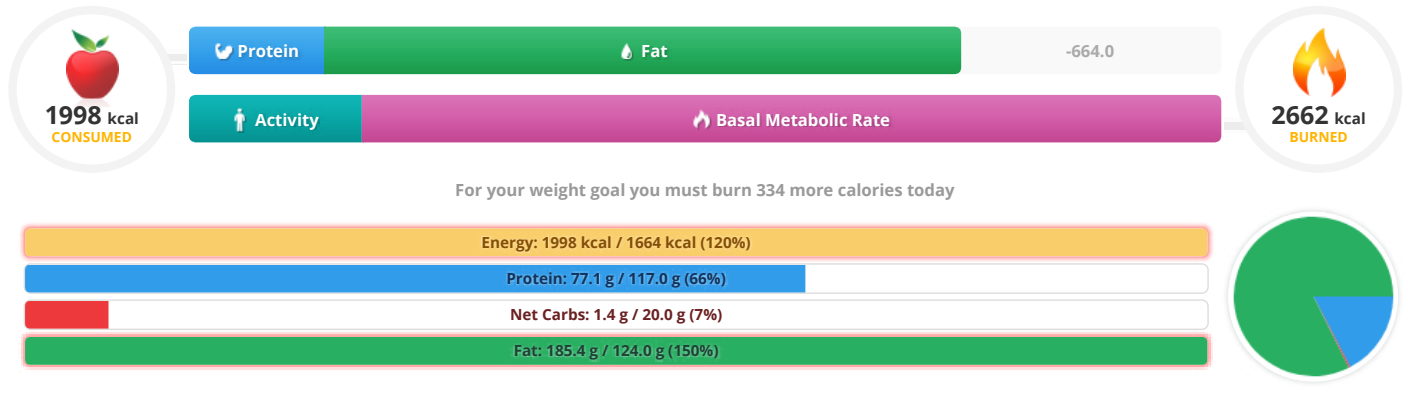


CALCIUM : MAGNESIUM

Diary for 2018 January 29, Monday

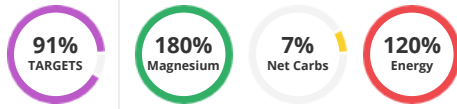
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		5.75 hours	
Weight (Nokia)		209.51 lbs	
Body Fat (Nokia)		26.33 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Macadamia Nut Oil (ml)	197	ml	0
Ketones (Blood)	2.7	mmol/L	

Calories Summary



Nutrients for 2018 January 29, Monday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

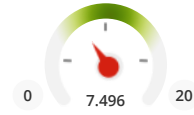
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



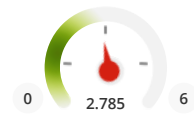
OMEGA-6 : OMEGA-3



ZINC : COPPER










POTASSIUM : SODIUM

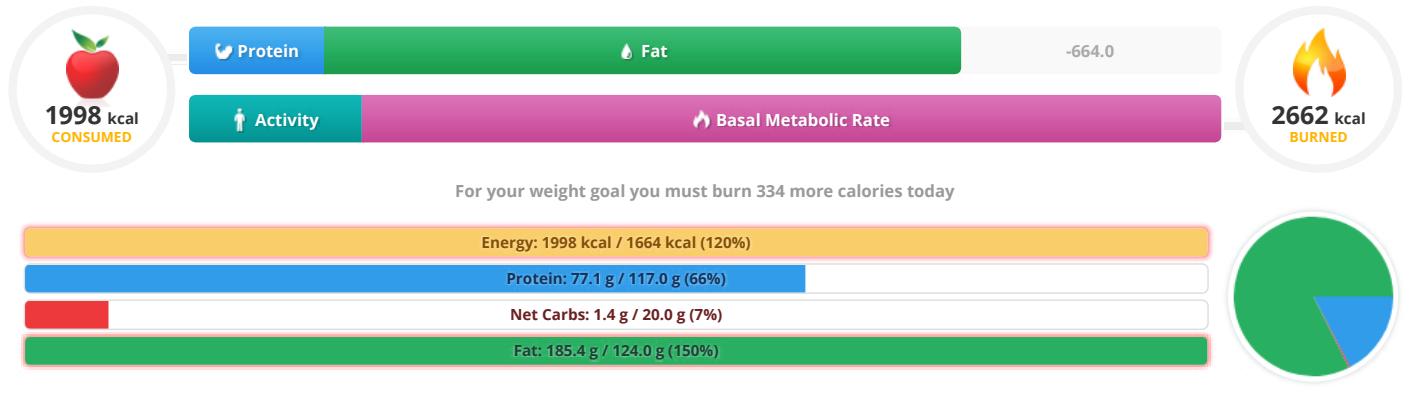


CALCIUM : MAGNESIUM

Diary for 2018 January 30, Tuesday

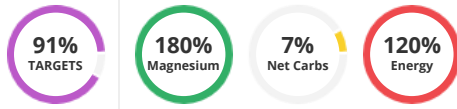
Description	Amount	Unit	Net Carbs (g)
 Sleep (Fitbit)		6.9 hours	
 Weight (Nokia)		209.19 lbs	
 Body Fat (Nokia)		26.3 %	
 Keto Chow Fish Oil		1 × 2 Pills	0
 Keto Chow 2.1		3 Serving	1.38
 Macadamia Nut Oil (ml)		197 ml	0
 Ketones (Blood)		2.5 mmol/L	

Calories Summary



Nutrients for 2018 January 30, Tuesday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

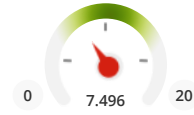
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



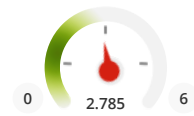
OMEGA-6 : OMEGA-3



ZINC : COPPER










POTASSIUM : SODIUM

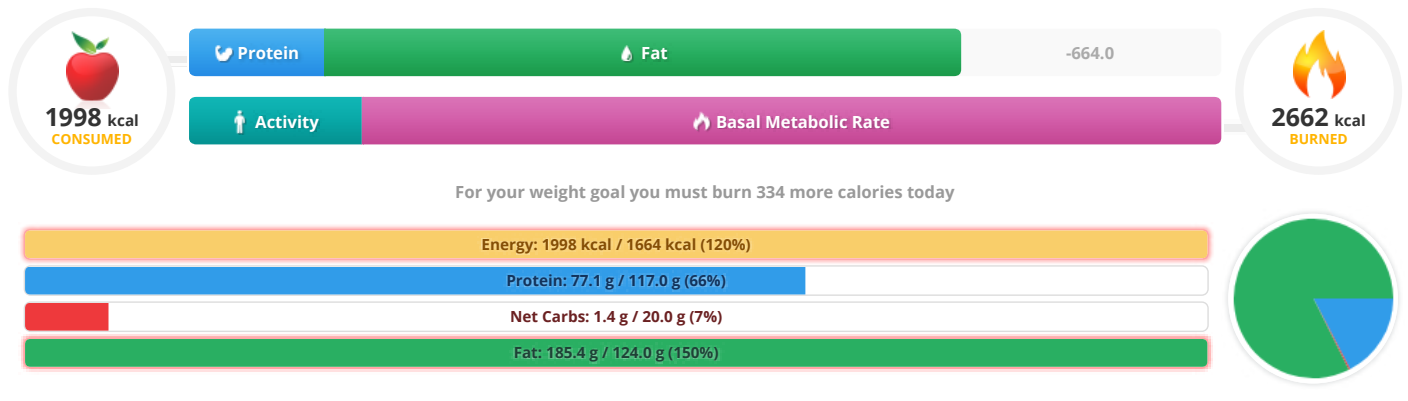


CALCIUM : MAGNESIUM

Diary for 2018 January 31, Wednesday

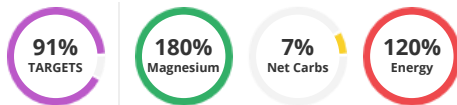
Description	Amount	Unit	Net Carbs (g)
 Sleep (Fitbit)		6.33 hours	
 Weight (Nokia)		208.67 lbs	
 Body Fat (Nokia)		26.16 %	
 Keto Chow Fish Oil		1 × 2 Pills	0
 Keto Chow 2.1		3 Serving	1.38
 Macadamia Nut Oil (ml)		197 ml	0
 Ketones (Blood)		1.6 mmol/L	

Calories Summary



Nutrients for 2018 January 31, Wednesday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

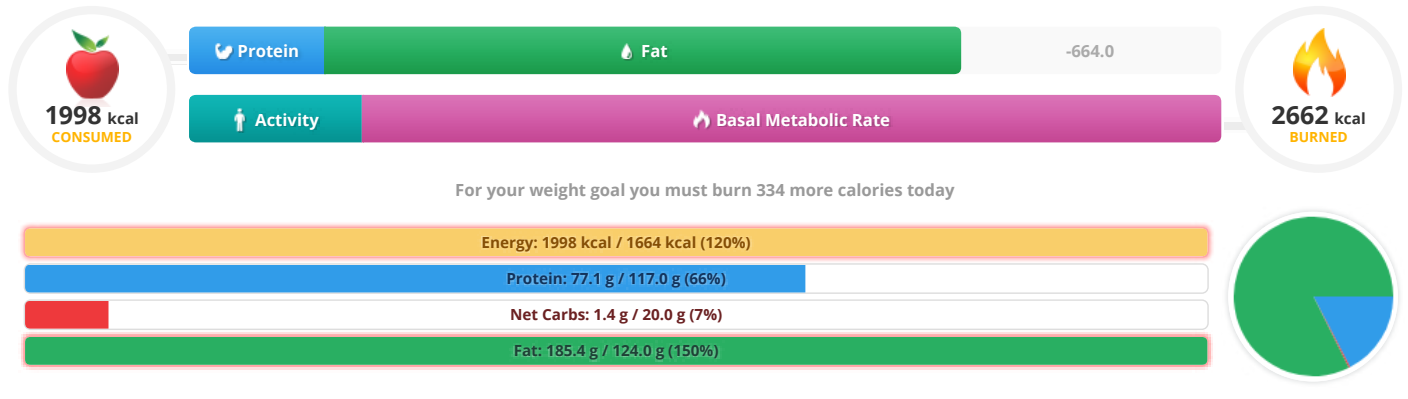


CALCIUM : MAGNESIUM

Diary for 2018 February 1, Thursday

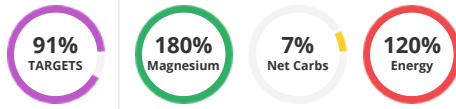
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		5.52 hours	
Weight (Nokia)		208.59 lbs	
Body Fat (Nokia)		26.37 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Macadamia Nut Oil (ml)	197	ml	0
Ketones (Blood)	3.3	mmol/L	

Calories Summary



Nutrients for 2018 February 1, Thursday

Nutrient Targets



General		
Energy	1997.6 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	150%
Monounsaturated	143.0 g	No Target
Polyunsaturated	4.6 g	No Target
Omega-3	2.5 g	158%

Protein		
Protein	77.1 g	66%

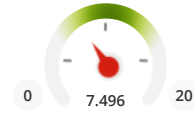
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	46.2 mg	308%
Vitamin K	151.1 µg	126%

Minerals		
Calcium	2100.0 mg	210%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	136%

Nutrient Balances



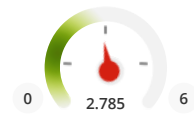
OMEGA-6 : OMEGA-3



ZINC : COPPER








POTASSIUM : SODIUM

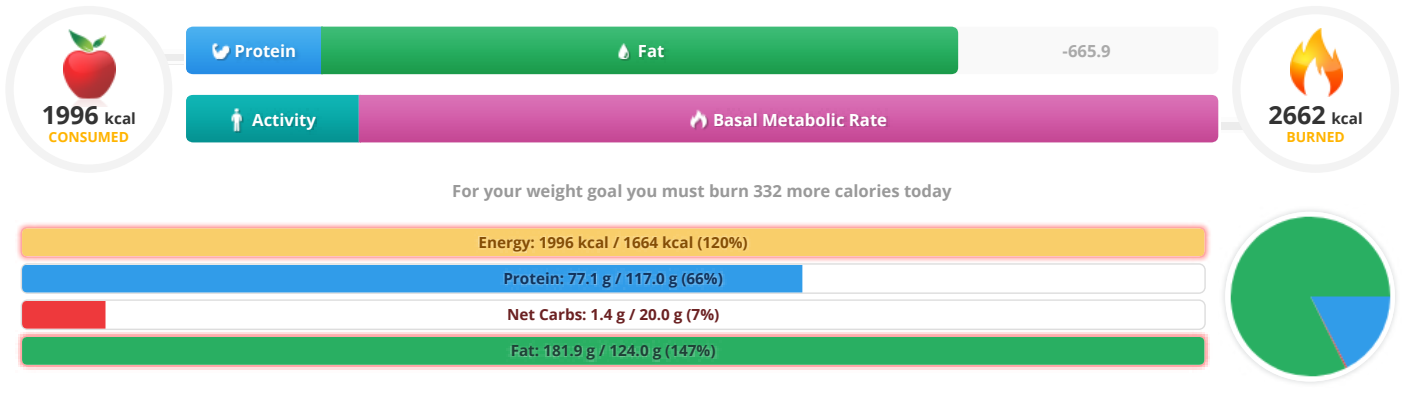


CALCIUM : MAGNESIUM

Diary for 2018 February 2, Friday

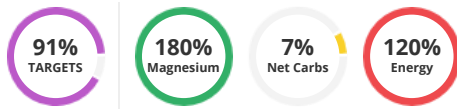
Description	Amount	Unit	Net Carbs (g)
 Sleep (Fitbit)		6.2 hours	
 Keto Chow Fish Oil		1 × 2 Pills	0
 Keto Chow 2.1		3 Serving	1.38
 Piping Rock Liquid Coconut Oil		195 ml	0
 Ketones (Blood)		3.4 mmol/L	

Calories Summary



Nutrients for 2018 February 2, Friday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

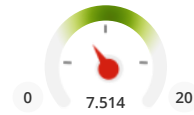
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



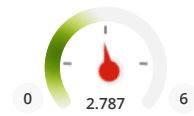
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

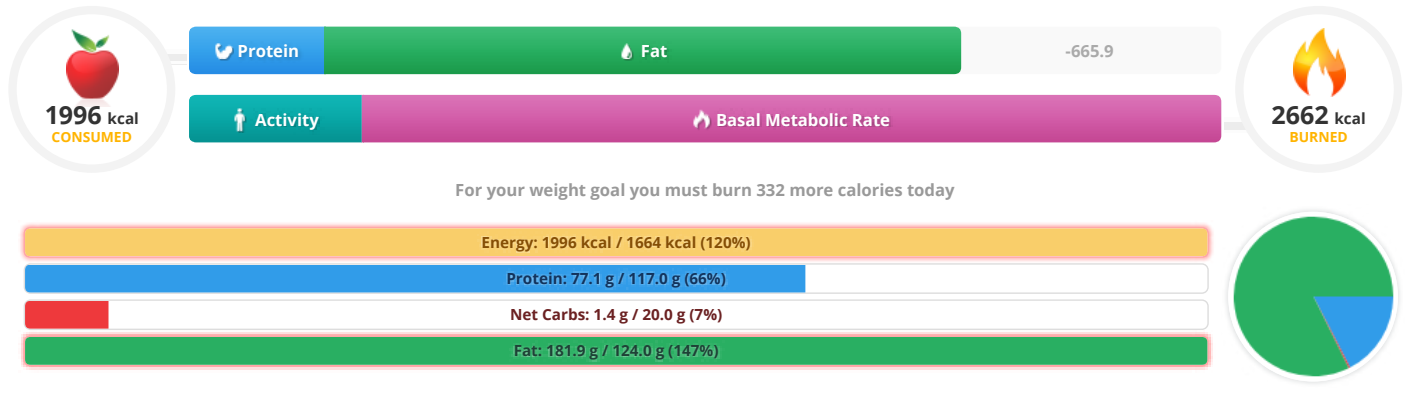


CALCIUM : MAGNESIUM

Diary for 2018 February 3, Saturday

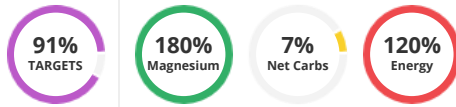
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	205.33	lbs	
Body Fat (Nokia)	26.22	%	
Sleep (Fitbit)	6.73	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
Ketones (Blood)	4.2	mmol/L	

Calories Summary



Nutrients for 2018 February 3, Saturday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

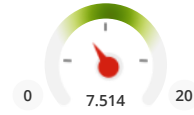
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



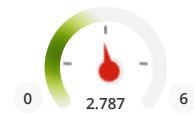
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

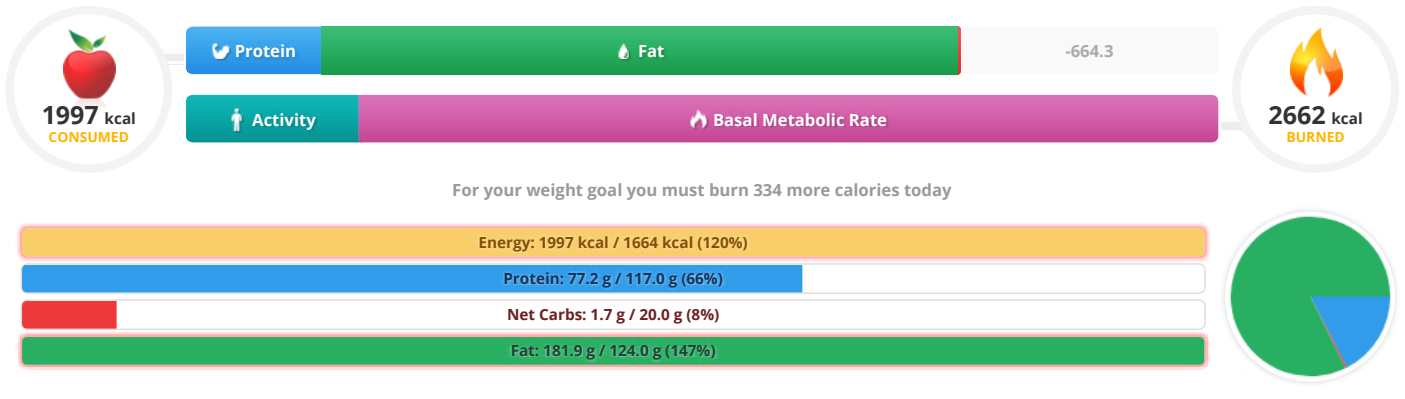


CALCIUM : MAGNESIUM

Diary for 2018 February 4, Sunday

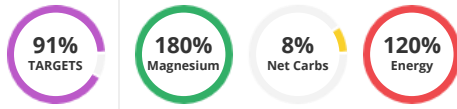
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	206.11	lbs	
Body Fat (Nokia)	28.6	%	
Sleep (Fitbit)	7.03	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
White bread, store bought	0.6	g	0.28
Ketones (Blood)	4.2	mmol/L	

Calories Summary



Nutrients for 2018 February 4, Sunday

Nutrient Targets



General		
Energy	1997.3 kcal	120%

Carbohydrates		
Carbs	23.2 g	58%
Fiber	21.5 g	108%
Net Carbs	1.7 g	8%
Starch	0.2 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

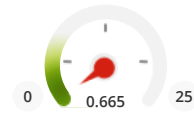
Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.2 g	66%

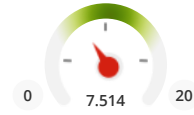
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.7 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2102.7 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	126%
Magnesium	754.2 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.6 mg	142%
Potassium	4752.8 mg	101%
Selenium	210.1 µg	382%
Sodium	2624.9 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



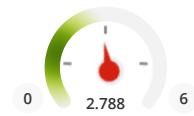
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

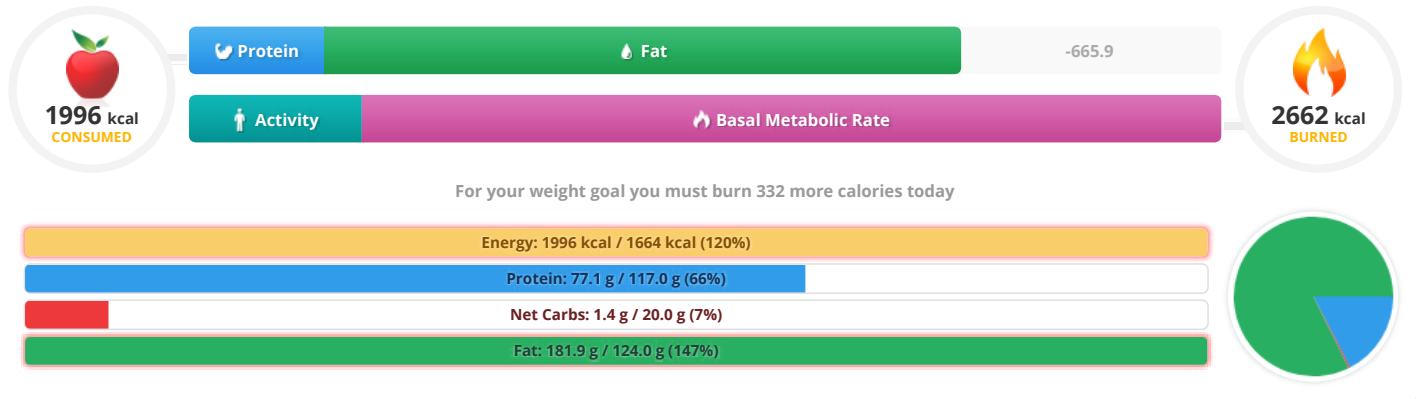


CALCIUM : MAGNESIUM

Diary for 2018 February 5, Monday

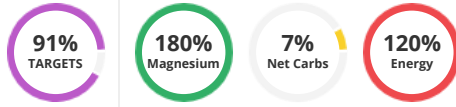
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)		6 hours	
Weight (Nokia)		205.89 lbs	
Body Fat (Nokia)		27.8 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
Ketones (Blood)	4.8	mmol/L	

Calories Summary



Nutrients for 2018 February 5, Monday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

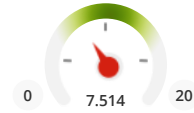
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



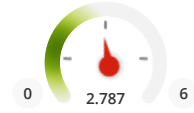
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

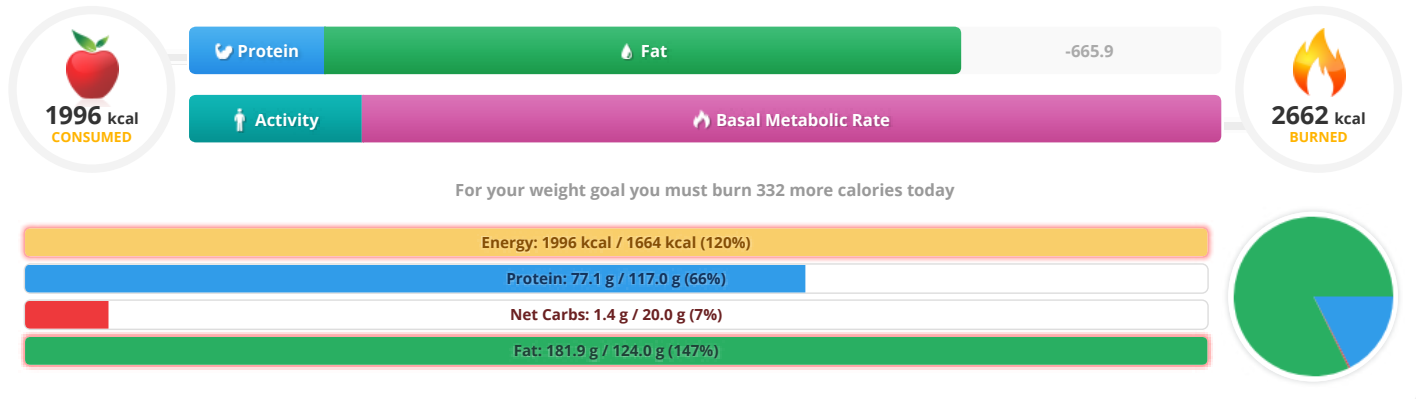


CALCIUM : MAGNESIUM

Diary for 2018 February 6, Tuesday

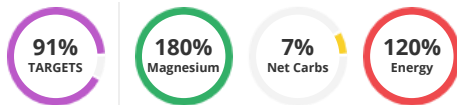
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	205.69	lbs	
Body Fat (Nokia)	27.62	%	
Sleep (Fitbit)	6.37	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
Ketones (Blood)	5.3	mmol/L	

Calories Summary



Nutrients for 2018 February 6, Tuesday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

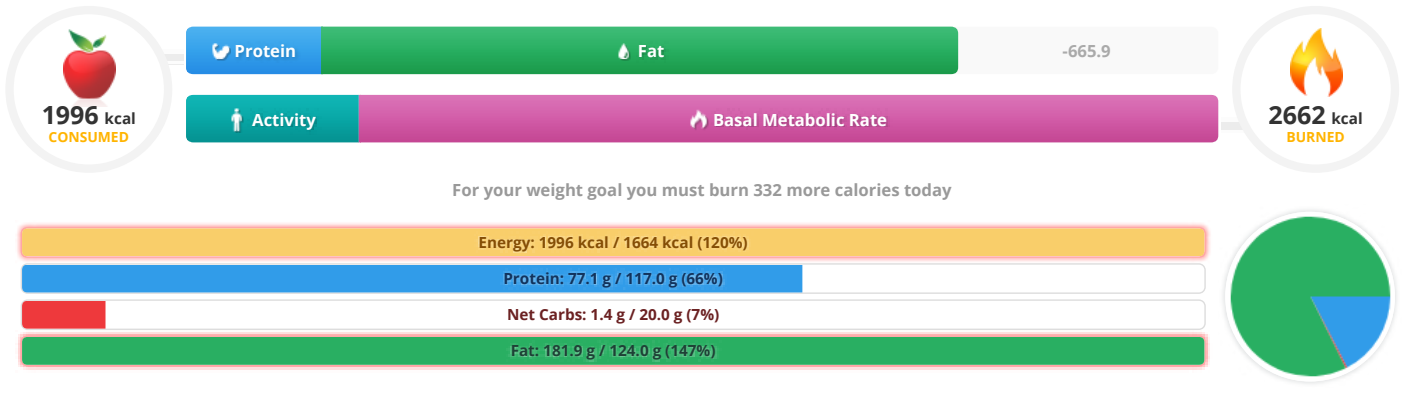


CALCIUM : MAGNESIUM

Diary for 2018 February 7, Wednesday

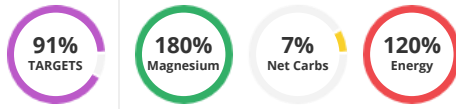
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	206.94	lbs	
Body Fat (Nokia)	26.84	%	
Sleep (Fitbit)	6.28	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
Ketones (Blood)	3.6	mmol/L	

Calories Summary



Nutrients for 2018 February 7, Wednesday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

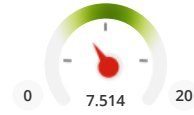
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



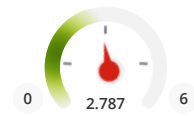
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

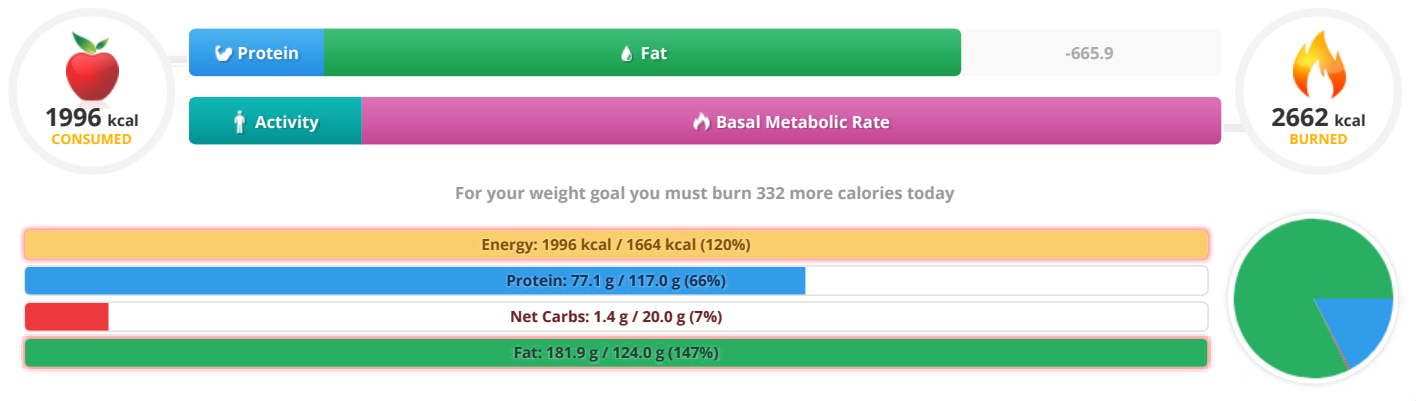


CALCIUM : MAGNESIUM

Diary for 2018 February 8, Thursday

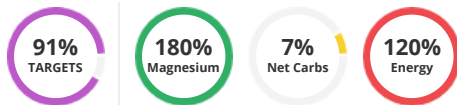
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	205.06	lbs	
Body Fat (Nokia)	27.16	%	
Sleep (Fitbit)	4.33	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Piping Rock Liquid Coconut Oil	195	ml	0
Systolic Blood Pressure	130	mmHg	
Diastolic Blood Pressure	85	mmHg	
Ketones (Blood)	4.5	mmol/L	

Calories Summary



Nutrients for 2018 February 8, Thursday

Nutrient Targets



General		
Energy	1995.7 kcal	120%

Carbohydrates		
Carbs	22.9 g	57%
Fiber	21.5 g	108%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	181.9 g	147%
Monounsaturated	5.3 g	No Target
Polyunsaturated	1.3 g	No Target
Omega-3	2.0 g	125%

Protein		
Protein	77.1 g	66%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	2400.0 IU	400%
Vitamin E	24.2 mg	161%
Vitamin K	121.1 µg	101%

Minerals		
Calcium	2101.8 mg	210%
Copper	2.0 mg	222%
Iron	5.0 mg	125%
Magnesium	754.1 mg	180%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4752.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2622.0 mg	87%
Zinc	15.0 mg	137%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

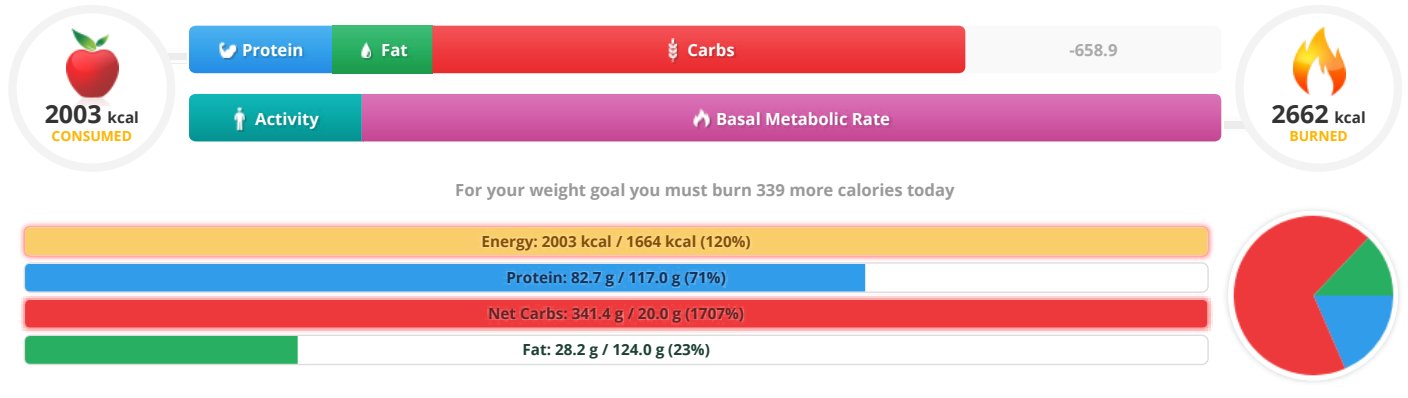


CALCIUM : MAGNESIUM

Diary for 2018 February 9, Friday

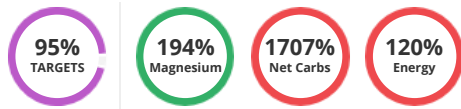
Description	Amount	Unit	Net Carbs (g)
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Weight (Nokia)	204.92	lbs	
Body Fat (Nokia)	27.17	%	
Sleep (Fitbit)	6.25	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Ketones (Blood)	0.1	mmol/L	
Blood Glucose	124	mmol/L	

Calories Summary



Nutrients for 2018 February 9, Friday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

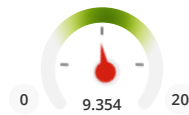
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

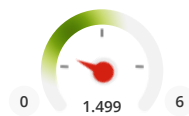
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

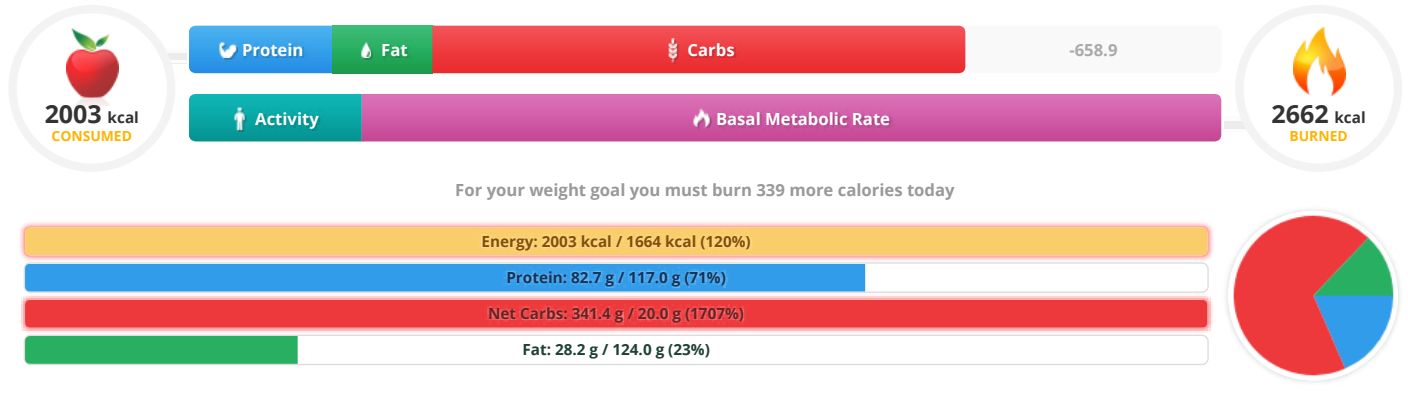


CALCIUM : MAGNESIUM

Diary for 2018 February 10, Saturday

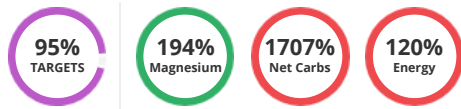
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	204.73	lbs	
Body Fat (Nokia)	27.12	%	
Sleep (Fitbit)	7.52	hours	
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Blood Glucose	101	mg/dL	
Ketones (Blood)	0	mmol/L	

Calories Summary



Nutrients for 2018 February 10, Saturday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

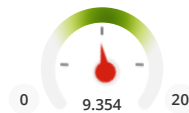
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

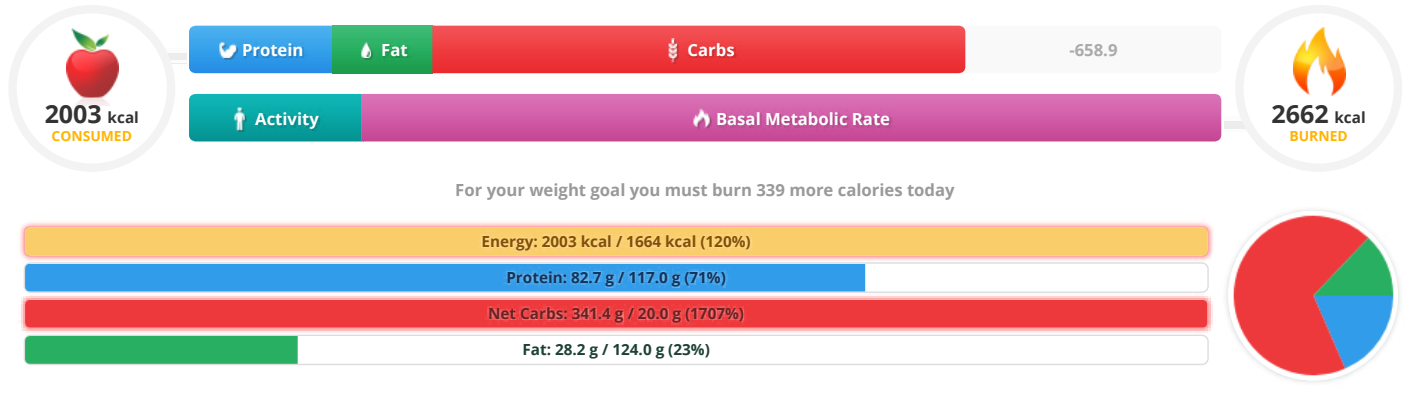


CALCIUM : MAGNESIUM

Diary for 2018 February 11, Sunday

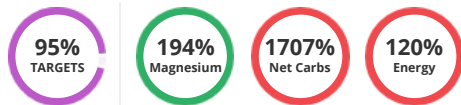
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	205.26	lbs	
Body Fat (Nokia)	27.67	%	
Sleep (Fitbit)	7.13	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Blood Glucose	83	mg/dL	
Ketones (Blood)	0	mmol/L	

Calories Summary



Nutrients for 2018 February 11, Sunday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

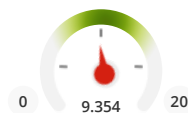
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

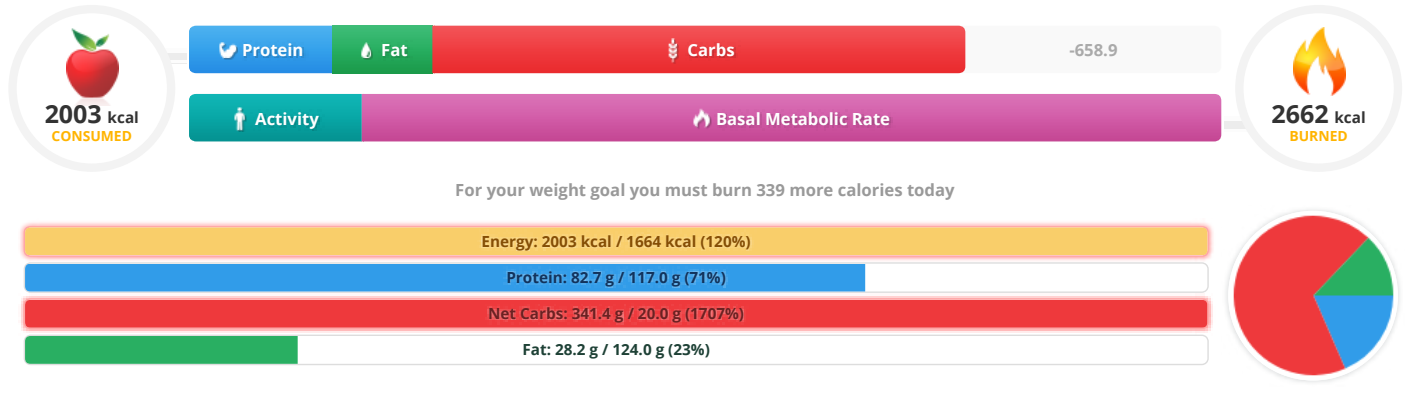


CALCIUM : MAGNESIUM

Diary for 2018 February 12, Monday

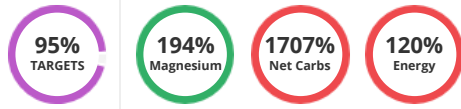
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)	6.38	hours	
Weight (Nokia)	205.22	lbs	
Body Fat (Nokia)	25.12	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Blood Glucose	86	mg/dL	
Ketones (Blood)	0	mmol/L	

Calories Summary



Nutrients for 2018 February 12, Monday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

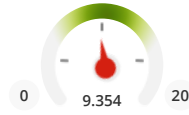
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

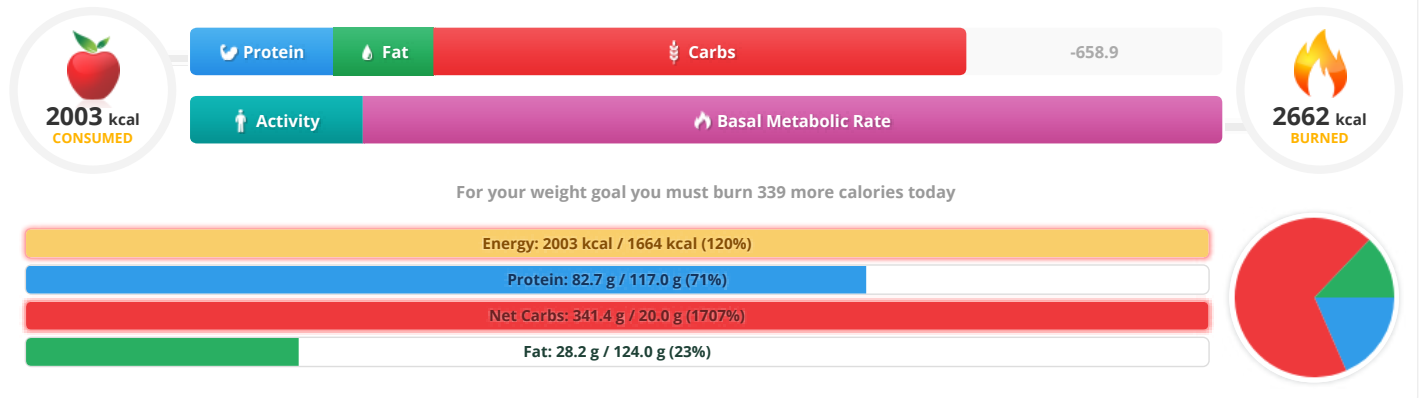


CALCIUM : MAGNESIUM

Diary for 2018 February 13, Tuesday

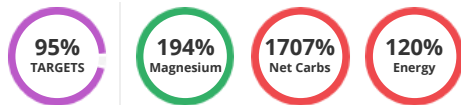
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)	5.52	hours	
Weight (Nokia)	205.76	lbs	
Body Fat (Nokia)	25.83	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Blood Glucose	96	mg/dL	
Ketones (Blood)	0	mmol/L	

Calories Summary



Nutrients for 2018 February 13, Tuesday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

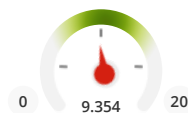
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

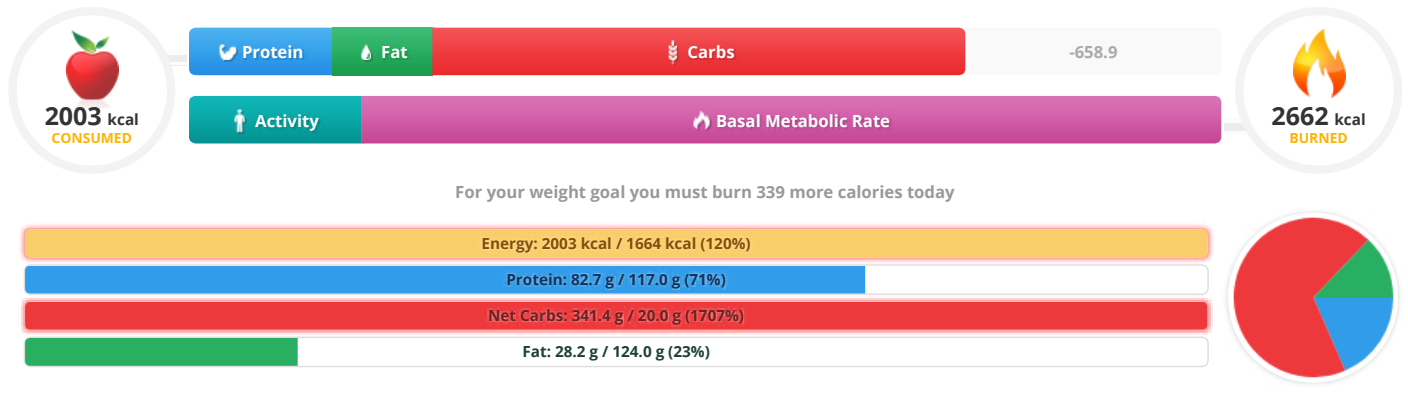


CALCIUM : MAGNESIUM

Diary for 2018 February 14, Wednesday

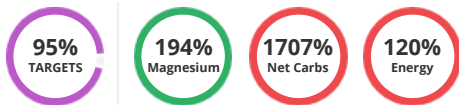
Description	Amount	Unit	Net Carbs (g)
Sleep (Fitbit)	6.38	hours	
Weight (Nokia)	206.29	lbs	
Body Fat (Nokia)	25.75	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Ketones (Blood)	0	mmol/L	
Blood Glucose	86	mg/dL	

Calories Summary



Nutrients for 2018 February 14, Wednesday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

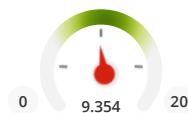
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

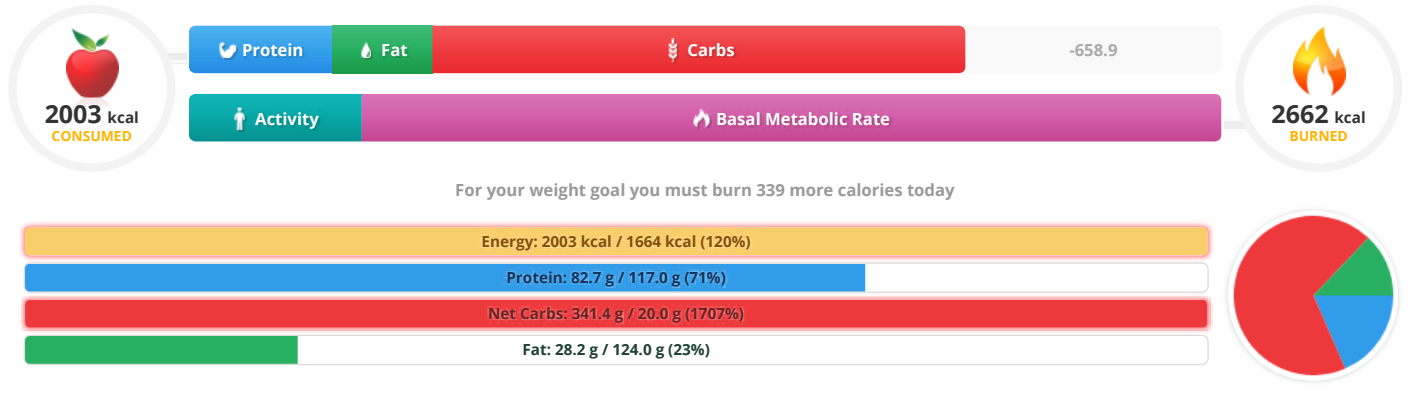


CALCIUM : MAGNESIUM

Diary for 2018 February 15, Thursday

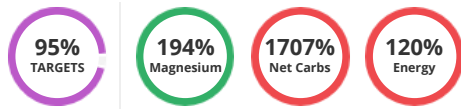
Description	Amount	Unit	Net Carbs (g)
Weight (Nokia)	206.86	lbs	
Body Fat (Nokia)	25.62	%	
Sleep (Fitbit)	6.98	hours	
Keto Chow Fish Oil	1	× 2 Pills	0
Mars Chocolate North America Llc, M&m's, Chocolate Candies, Milk Chocolate	1	PACK	33.99
Keto Chow 2.1	3	Serving	1.38
Now Sports, Dextrose Powder	24	g	24
Sprite	3	can - each 12 fl oz	112.43
Skittles, Candy, Original	3	Package	168.05
Silk, Pure Almond Milk, Unsweetened	3	cup	1.5
Ketones (Blood)	0	mmol/L	
Blood Glucose	82	mg/dL	

Calories Summary



Nutrients for 2018 February 15, Thursday

Nutrient Targets



General		
Energy	2002.7 kcal	120%

Carbohydrates		
Carbs	365.4 g	913%
Fiber	24.0 g	120%
Net Carbs	341.4 g	1707%
Starch	0.0 g	No Target
Sugars	292.6 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	28.2 g	23%
Monounsaturated	4.5 g	No Target
Polyunsaturated	1.5 g	No Target
Omega-3	2.0 g	122%

Protein		
Protein	82.7 g	71%

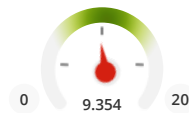
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	2103.0 IU	70%
Vitamin C	360.0 mg	400%
Vitamin D	2700.0 IU	450%
Vitamin E	36.1 mg	241%
Vitamin K	120.0 µg	100%

Minerals		
Calcium	3512.4 mg	351%
Copper	2.1 mg	237%
Iron	7.6 mg	189%
Magnesium	813.2 mg	194%
Manganese	2.4 mg	105%
Phosphorus	990.0 mg	141%
Potassium	4943.1 mg	105%
Selenium	210.0 µg	382%
Sodium	3296.8 mg	110%
Zinc	19.9 mg	181%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM