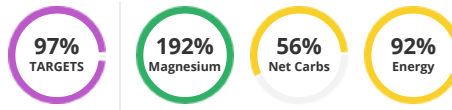
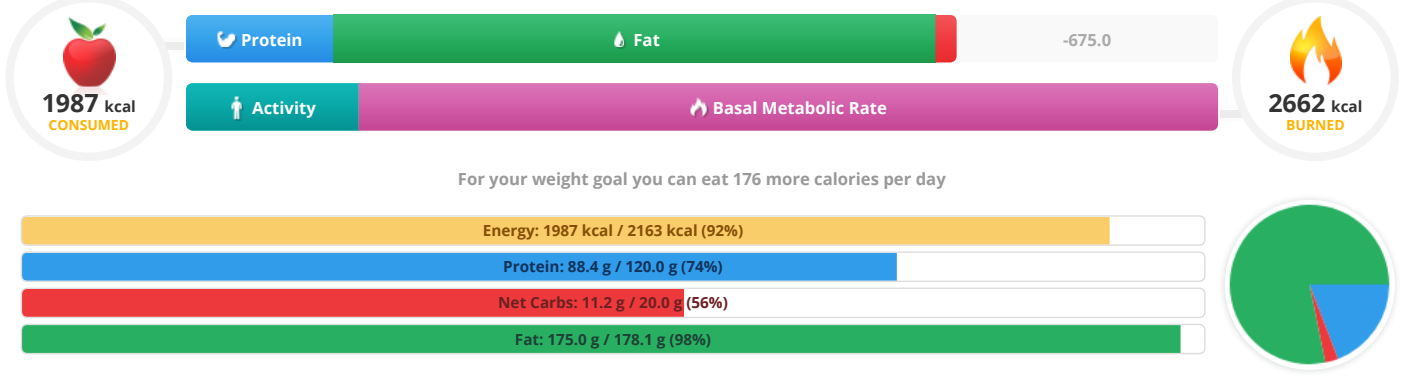


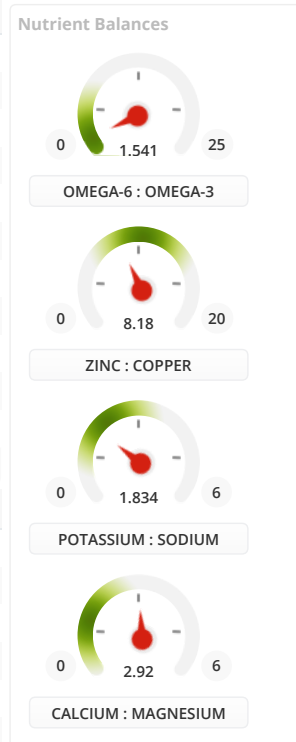
Daily Average Nutrition Report 2017 October 19 to 2017 November 1

Based on 11 complete days

Calories Summary

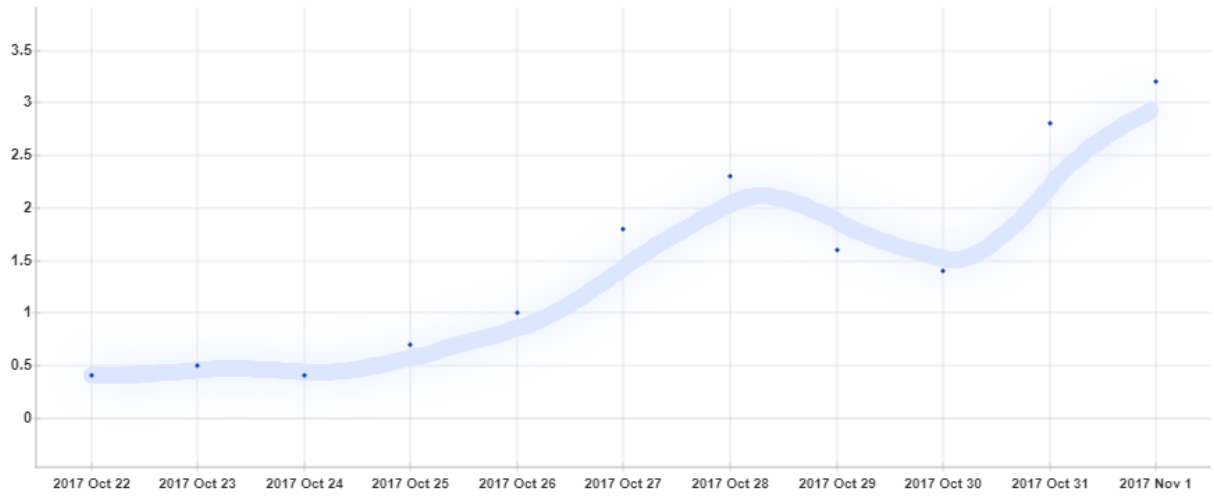


Carbohydrates			Vitamins		
Carbs	33.8 g	84%	B1 (Thiamine)	1.8 mg	147%
Fiber	22.5 g	113%	B2 (Riboflavin)	3.0 mg	233%
Net Carbs	11.2 g	56%	B3 (Niacin)	21.0 mg	131%
Starch	0.0 g	No Target	B5 (Pantothenic Acid)	13.0 mg	261%
Sugars	10.4 g	No Target	B6 (Pyridoxine)	2.3 mg	177%
Sugar Alcohol	0.0 g	No Target	B12 (Cobalamin)	7.2 µg	300%
Lipids			Folate	429.4 µg	107%
Fat	175.0 g	98%	Vitamin A	4691.9 IU	156%
Monounsaturated	33.6 g	No Target	Vitamin C	368.3 mg	409%
Polyunsaturated	6.0 g	No Target	Vitamin D	1471.3 IU	245%
Omega-3	2.5 g	157%	Vitamin E	27.2 mg	182%
Protein			Vitamin K	131.9 µg	110%
Protein	88.4 g	74%	Minerals		
			Calcium	2350.9 mg	235%
			Copper	2.2 mg	241%
			Iron	9.6 mg	241%
			Magnesium	805.0 mg	192%
			Manganese	2.6 mg	111%
			Phosphorus	1196.9 mg	171%
			Potassium	5240.6 mg	112%
			Selenium	229.8 µg	418%
			Sodium	2857.4 mg	95%
			Zinc	17.7 mg	161%
			General		
			Energy	1986.6 kcal	92%



Biometric Charts

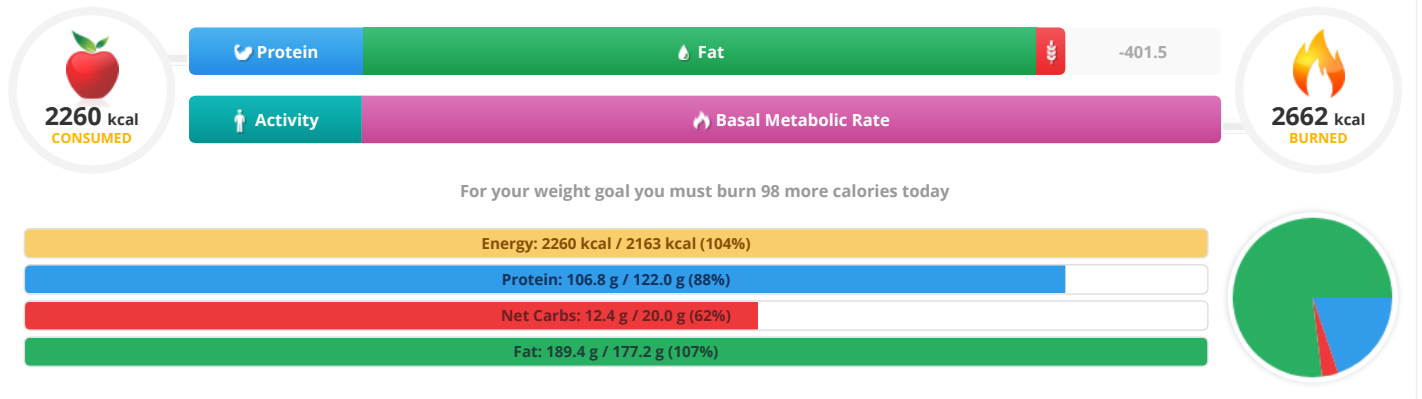
Ketones (Blood) (mmol/L) from 2017 October 19 to 2017 November 1



Diary for 2017 October 22, Sunday

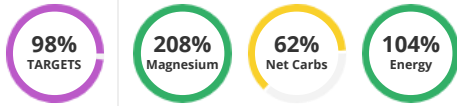
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	226.94	lbs	
Body Fat (Withings)	29.41	%	
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 - Peanut Butter	1	Scoop	2.5
Cream, fluid, heavy whipping Darigold 40%	4	fl oz	3.27
Keto Chow 2.0 Chocolate plus 54g Avocado Oil	1	Serving	2.77
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)	0.4	mmol/L	

Calories Summary



Nutrients for 2017 October 22, Sunday

Nutrient Targets



General		
Energy	2260.1 kcal	104%

Carbohydrates		
Carbs	39.8 g	99%
Fiber	27.4 g	137%
Net Carbs	12.4 g	62%
Starch	0.0 g	No Target
Sugars	9.5 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	189.4 g	107%
Monounsaturated	83.6 g	No Target
Polyunsaturated	16.0 g	No Target
Omega-3	3.2 g	199%

Protein		
Protein	106.8 g	88%

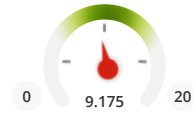
Vitamins		
B1 (Thiamine)	2.6 mg	213%
B2 (Riboflavin)	5.3 mg	405%
B3 (Niacin)	26.5 mg	165%
B5 (Pantothenic Acid)	18.8 mg	376%
B6 (Pyridoxine)	3.1 mg	240%
B12 (Cobalamin)	10.1 µg	420%
Folate	536.4 µg	134%
Vitamin A	3959.1 IU	132%
Vitamin C	432.2 mg	480%
Vitamin D	3021.7 IU	504%
Vitamin E	30.9 mg	206%
Vitamin K	151.2 µg	126%

Minerals		
Calcium	2220.2 mg	222%
Copper	2.8 mg	316%
Iron	24.2 mg	605%
Magnesium	874.8 mg	208%
Manganese	3.3 mg	142%
Phosphorus	1409.4 mg	201%
Potassium	6451.8 mg	137%
Selenium	286.7 µg	521%
Sodium	3251.5 mg	108%
Zinc	26.1 mg	237%

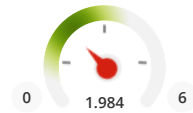
Nutrient Balances



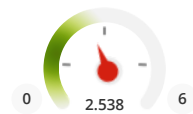
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

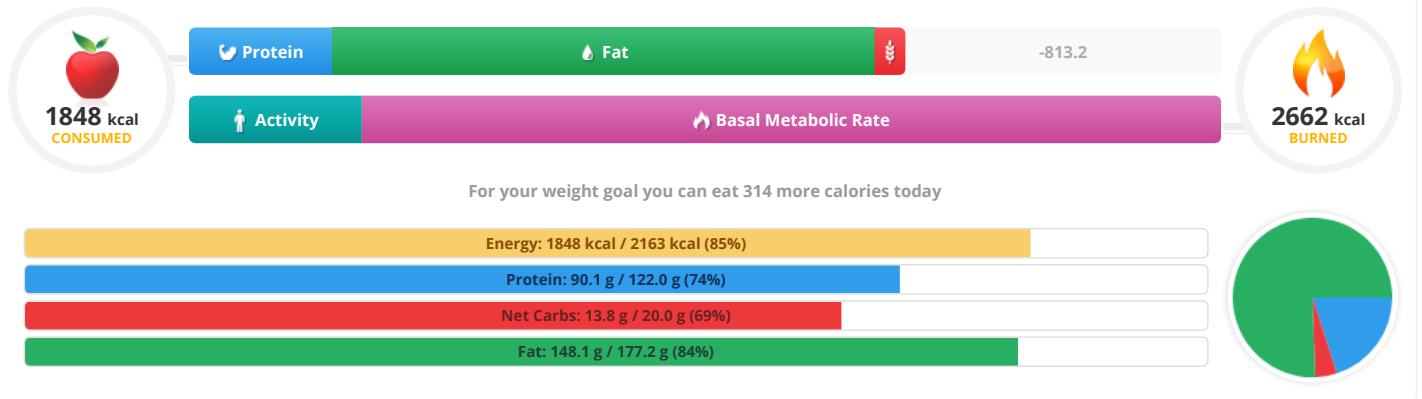


CALCIUM : MAGNESIUM

Diary for 2017 October 23, Monday

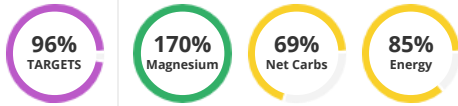
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	224.25	lbs	
Body Fat (Withings)	30.48	%	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Ketones (Blood)	0.5	mmol/L	

Calories Summary



Nutrients for 2017 October 23, Monday

Nutrient Targets



General		
Energy	1848.4 kcal	85%

Carbohydrates		
Carbs	35.0 g	87%
Fiber	21.1 g	106%
Net Carbs	13.8 g	69%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.1 g	84%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	74%

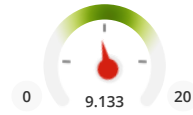
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	714.0 mg	170%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2770.2 mg	92%
Zinc	21.6 mg	197%

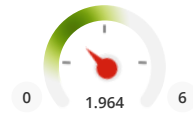
Nutrient Balances



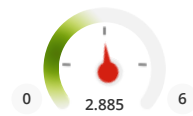
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

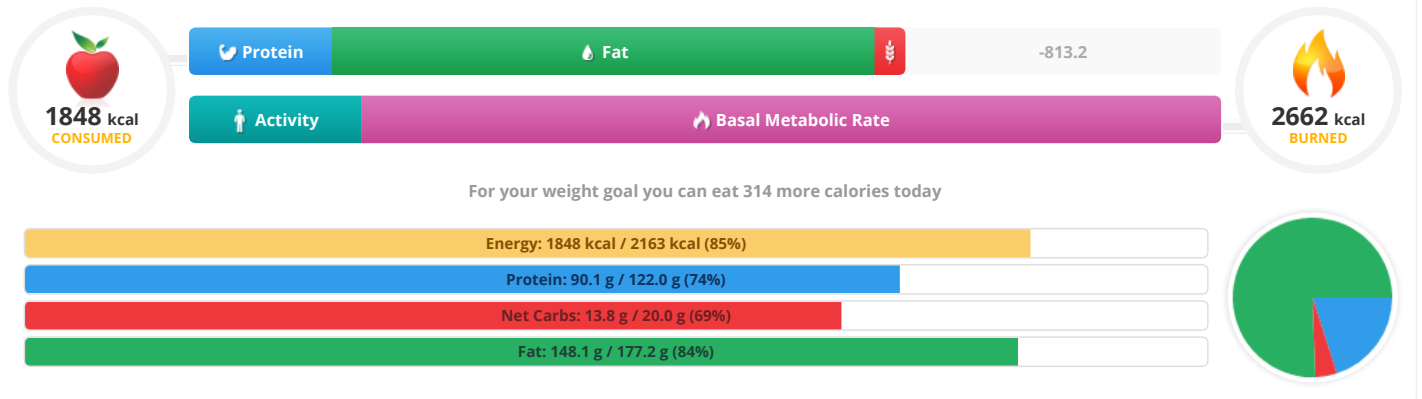


CALCIUM : MAGNESIUM

Diary for 2017 October 24, Tuesday

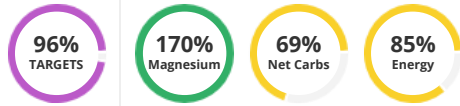
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.39	lbs	
Body Fat (Withings)	30.11	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Ketones (Blood)	0.4	mmol/L	

Calories Summary



Nutrients for 2017 October 24, Tuesday

Nutrient Targets



General		
Energy	1848.4 kcal	85%

Carbohydrates		
Carbs	35.0 g	87%
Fiber	21.1 g	106%
Net Carbs	13.8 g	69%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.1 g	84%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	74%

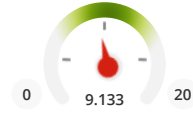
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	714.0 mg	170%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2770.2 mg	92%
Zinc	21.6 mg	197%

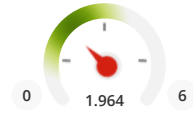
Nutrient Balances



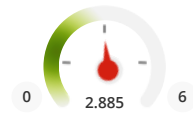
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

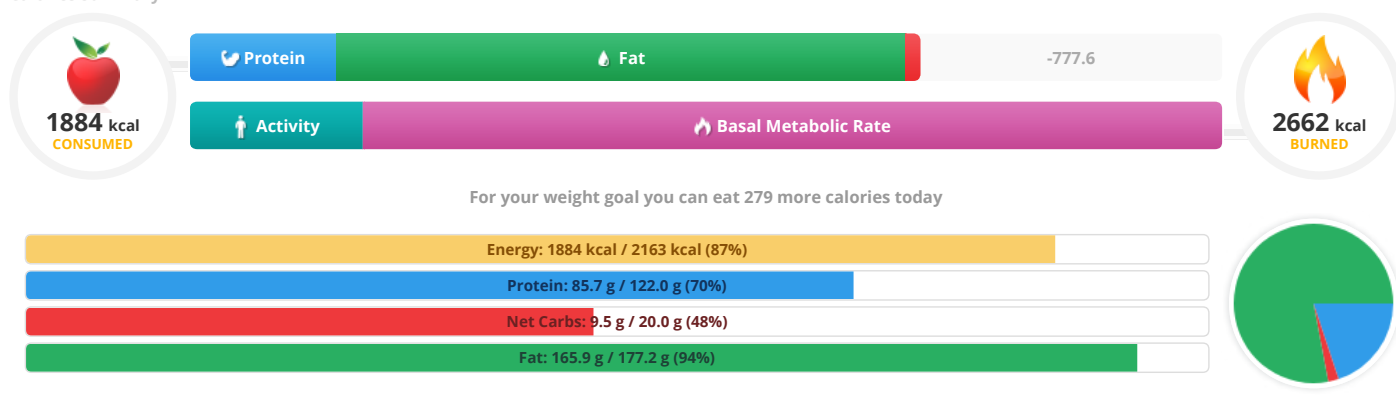


CALCIUM : MAGNESIUM

Diary for 2017 October 25, Wednesday

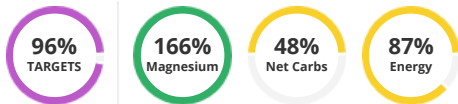
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.26	lbs	
Body Fat (Withings)	28.87	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Clear American, Unsweetened Blackberry Sparkling Water	1	can	0
Ketones (Blood)	0.7	mmol/L	

Calories Summary



Nutrients for 2017 October 25, Wednesday

Nutrient Targets



General		
Energy	1884.0 kcal	87%

Carbohydrates		
Carbs	31.8 g	80%
Fiber	22.3 g	111%
Net Carbs	9.5 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	94%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	695.1 mg	166%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3226.0 mg	108%
Zinc	15.7 mg	143%

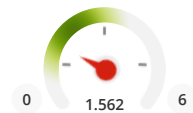
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

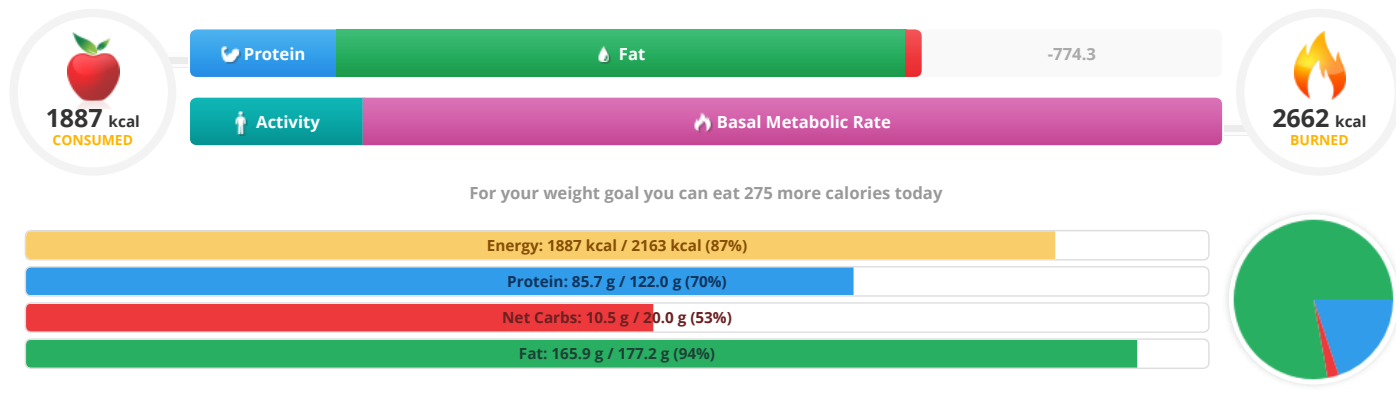


CALCIUM : MAGNESIUM

Diary for 2017 October 26, Thursday

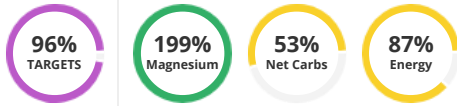
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	222.44	lbs	
Body Fat (Withings)	28.93	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Ketones (Blood)	1	mmol/L	

Calories Summary



Nutrients for 2017 October 26, Thursday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

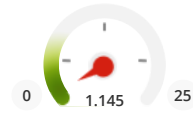
Lipids		
Fat	165.9 g	94%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

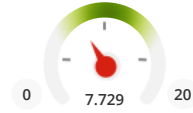
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3227.7 mg	108%
Zinc	15.7 mg	143%

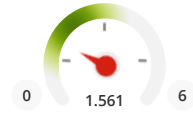
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

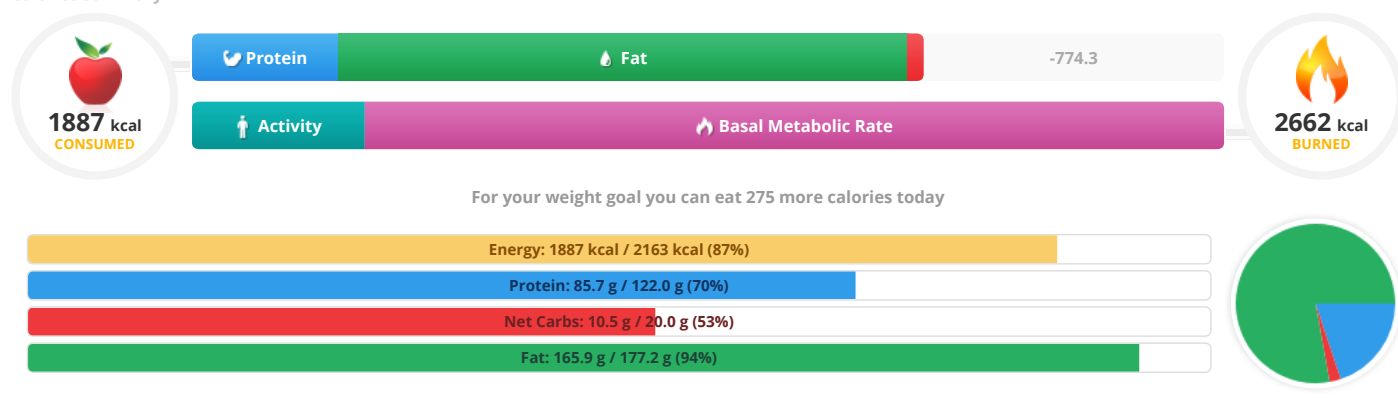


CALCIUM : MAGNESIUM

Diary for 2017 October 27, Friday

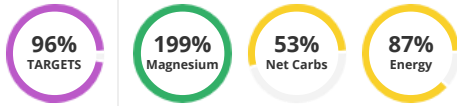
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		93 bpm	
Weight (Withings)		221.32 lbs	
Body Fat (Withings)		30.02 %	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)		1.8 mmol/L	

Calories Summary



Nutrients for 2017 October 27, Friday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	94%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

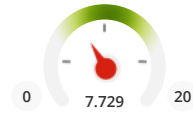
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

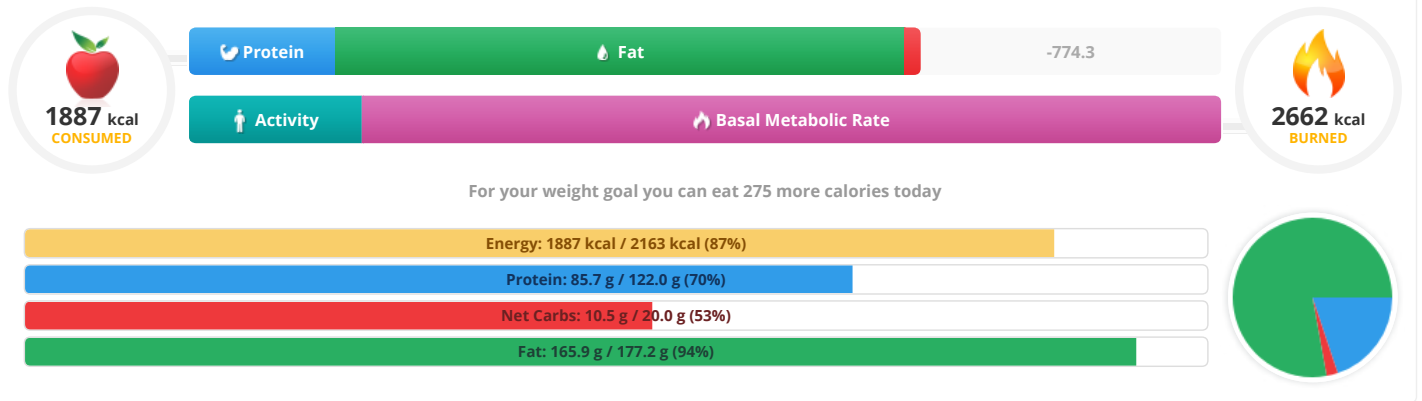


CALCIUM : MAGNESIUM

Diary for 2017 October 28, Saturday

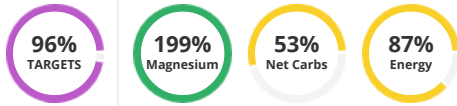
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.62	lbs	
Body Fat (Withings)	29.5	%	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)	2.3	mmol/L	

Calories Summary



Nutrients for 2017 October 28, Saturday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

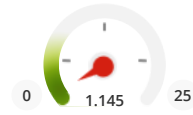
Lipids		
Fat	165.9 g	94%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

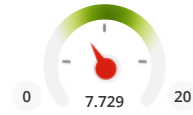
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

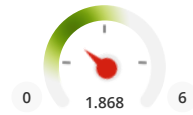
Nutrient Balances



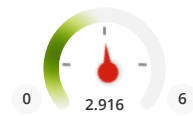
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

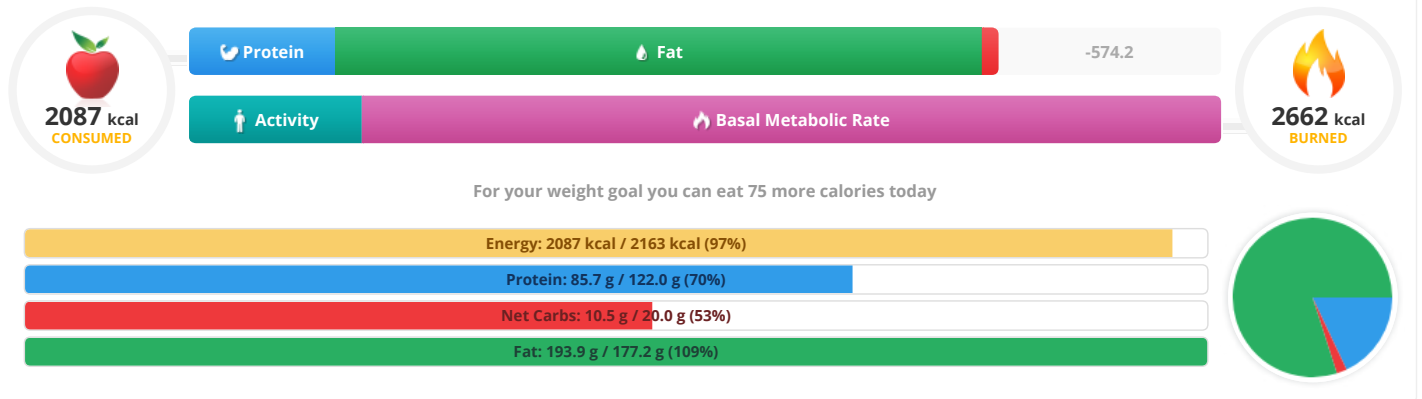


CALCIUM : MAGNESIUM

Diary for 2017 October 29, Sunday

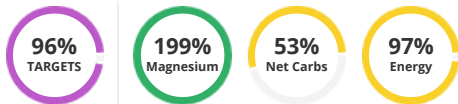
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		99 bpm	
Weight (Withings)		220.84 lbs	
Body Fat (Withings)		29.43 %	
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)		1.6 mmol/L	

Calories Summary



Nutrients for 2017 October 29, Sunday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	110%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

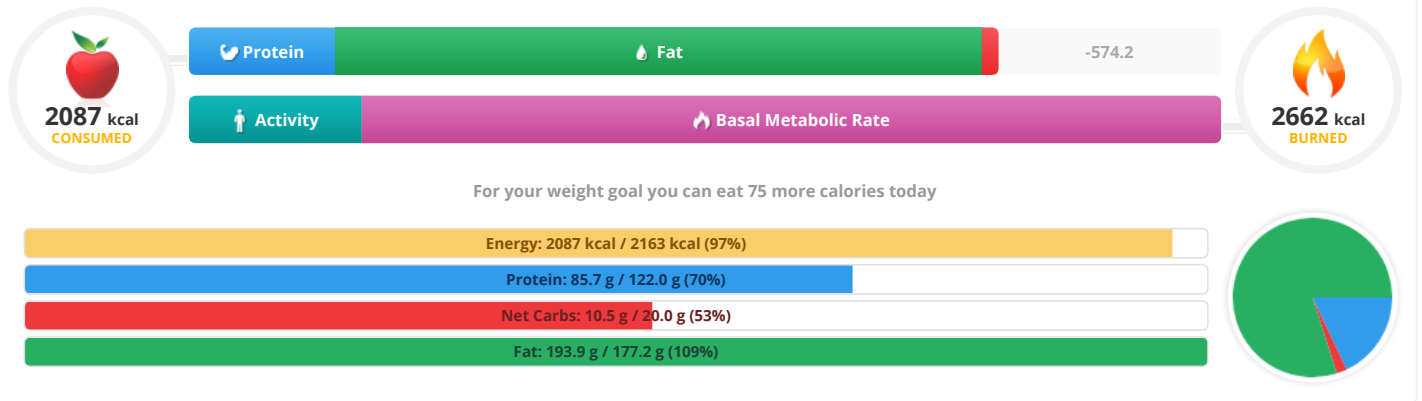


CALCIUM : MAGNESIUM

Diary for 2017 October 30, Monday

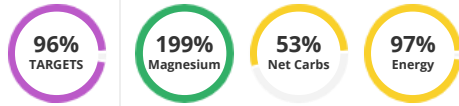
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.82	lbs	
Body Fat (Withings)	28.57	%	
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Ketones (Blood)	1.4	mmol/L	

Calories Summary



Nutrients for 2017 October 30, Monday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	110%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

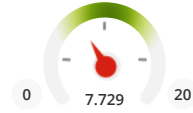
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



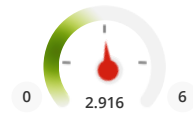
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

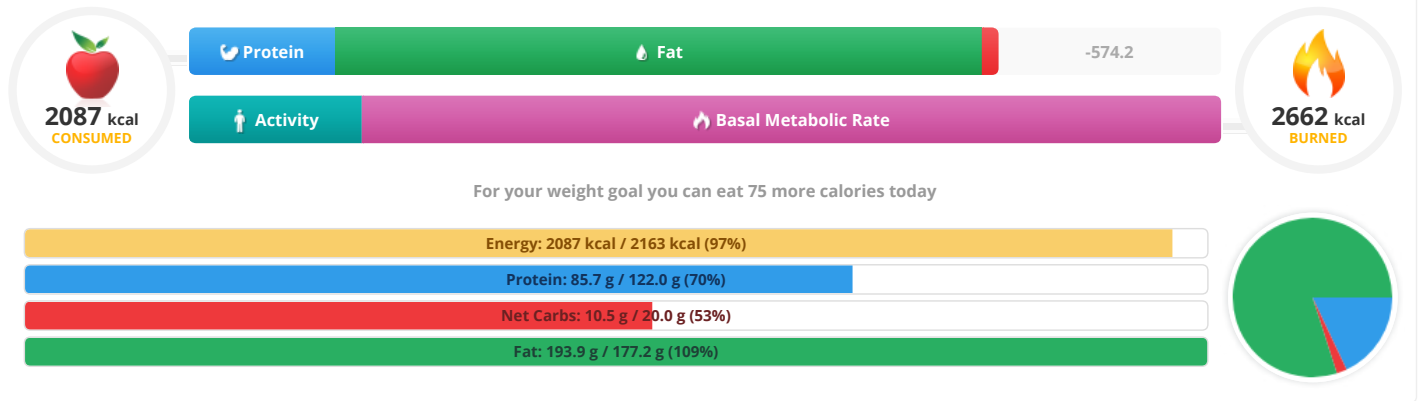


CALCIUM : MAGNESIUM

Diary for 2017 October 31, Tuesday

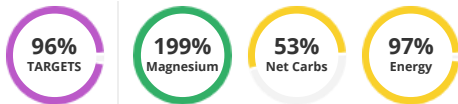
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	219.91	lbs	
Body Fat (Withings)	28.13	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	2.8	mmol/L	

Calories Summary



Nutrients for 2017 October 31, Tuesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	110%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

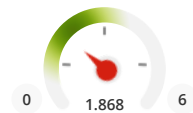
Nutrient Balances



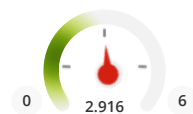
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

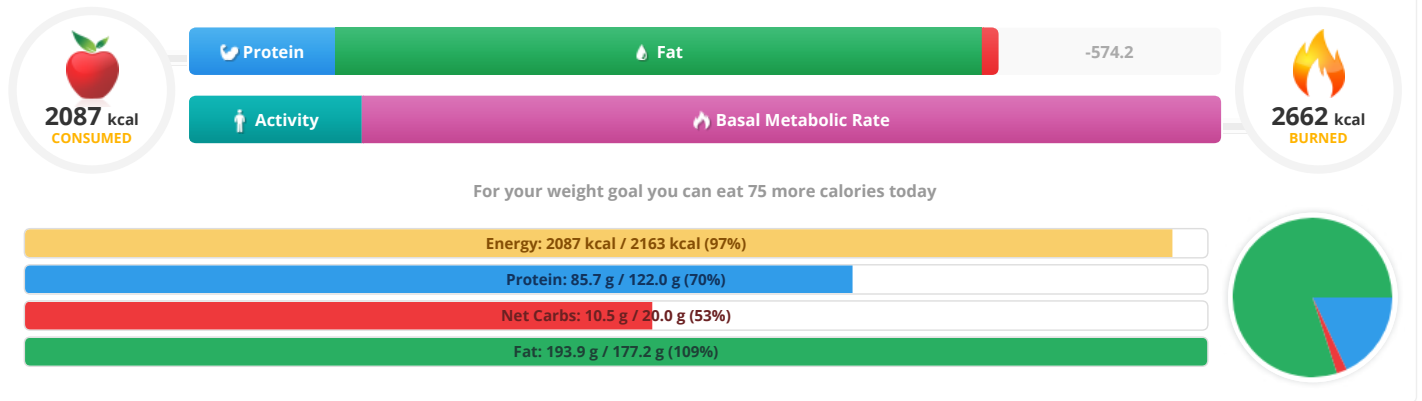


CALCIUM : MAGNESIUM

Diary for 2017 November 1, Wednesday

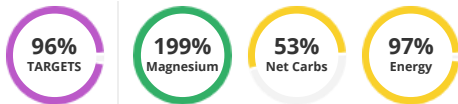
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	217.65	lbs	
Body Fat (Withings)	28.75	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	3.2	mmol/L	

Calories Summary



Nutrients for 2017 November 1, Wednesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	110%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	70%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM