



cronometer.com detailed report

2019 April 12

Name: Chris

Age: 41

Sex: Male

Height: 185.0 cm / 6' 1"


Weight: 90.8 kg / 200.1 lbs

BMI: 26.5


BMR: 1863.9 kcal

Daily Average Nutrition Report 2019 January 2 to 2019 April 11

Calories Summary



1856
kcal
CONSUMED



2548
kcal
BURNED

193

Calories Remaining

BUDGET

Macronutrient Targets

Energy	1856 (1539 net) kcal / 2049 kcal (91%)
Protein	82.5 g / 90.0 g (92%)
Net Carbs	7.0 g / 20.0 g (35%)
Fat	160.8 g / 178.8 g (90%)

97%
TARGETS

162%
Magnesium

141%
Potassium

35%
Net Carbs

94%
Sodium

91%
Energy

Carbohydrates

Carbs	27.9 g	139%
Fiber	20.9 g	No Target
Starch	0.0 g	No Target
Sugars	6.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	7.0 g	35%

Lipids

Fat	160.8 g	90%
Monounsaturated	51.2 g	No Target
Polyunsaturated	9.2 g	No Target
Omega-3	2.6 g	164%

Protein

Protein	82.5 g	92%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.7 mg	142%
B2 (Riboflavin)	2.3 mg	179%
B3 (Niacin)	22.2 mg	139%
B5 (Pantothenic Acid)	11.7 mg	234%
B6 (Pyridoxine)	2.3 mg	173%
B12 (Cobalamin)	6.8 µg	282%
Folate	492.4 µg	123%
Vitamin A	10183.8 IU	339%
Vitamin C	390.7 mg	434%
Vitamin D	2780.1 IU	463%
Vitamin E	33.7 mg	225%
Vitamin K	177.1 µg	148%

Minerals

Calcium	2378.7 mg	238%
Copper	2.2 mg	239%
Iron	7.4 mg	184%
Magnesium	678.4 mg	162%
Manganese	2.6 mg	114%
Phosphorus	1254.2 mg	179%
Potassium	4801.9 mg	141%
Selenium	229.3 µg	417%
Sodium	2818.0 mg	94%
Zinc	15.7 mg	143%

General

Energy	1856.0 kcal	91%
--------	-------------	-----

Nutrient Balances



0 25
2.898

OMEGA-6 : OMEGA-3



0 20
7.304

ZINC : COPPER



0 6
1.704

POTASSIUM : SODIUM

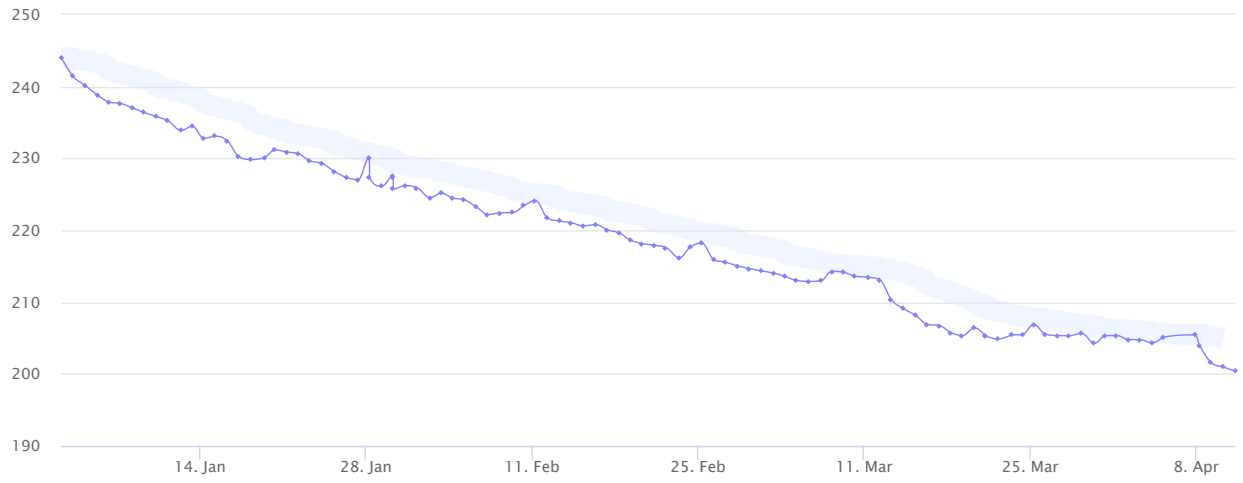


0 6
3.506

CALCIUM : MAGNESIUM

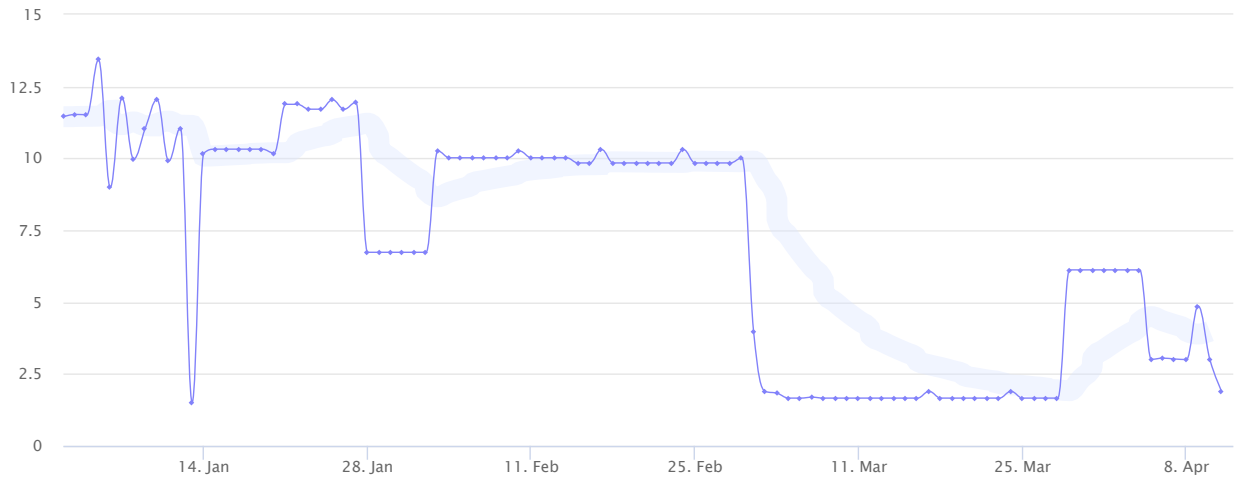
Biometric Charts

Weight (lbs) from 2019 January 2 to 2019 April 11

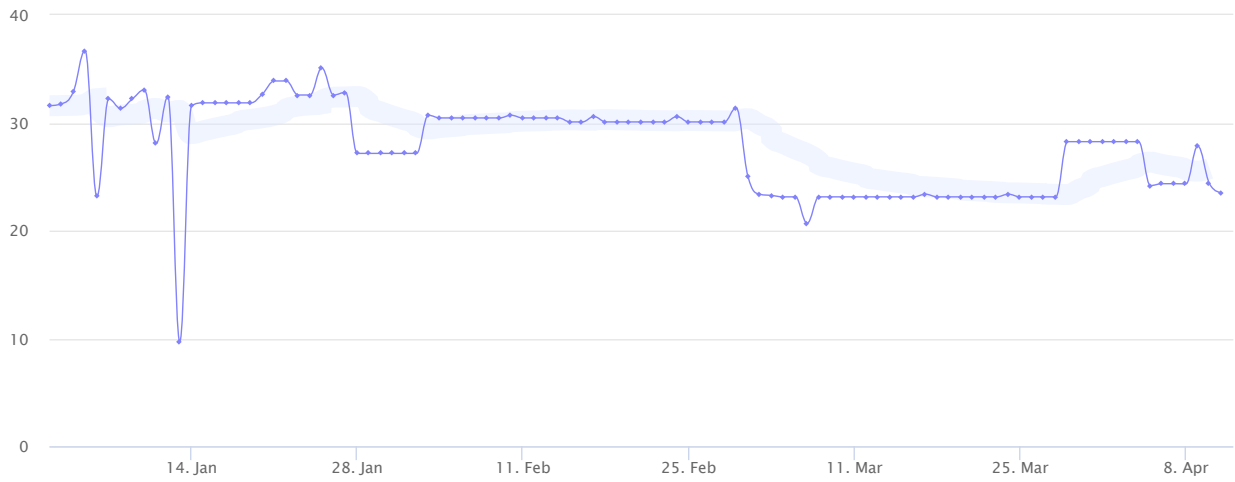


Nutrient Charts

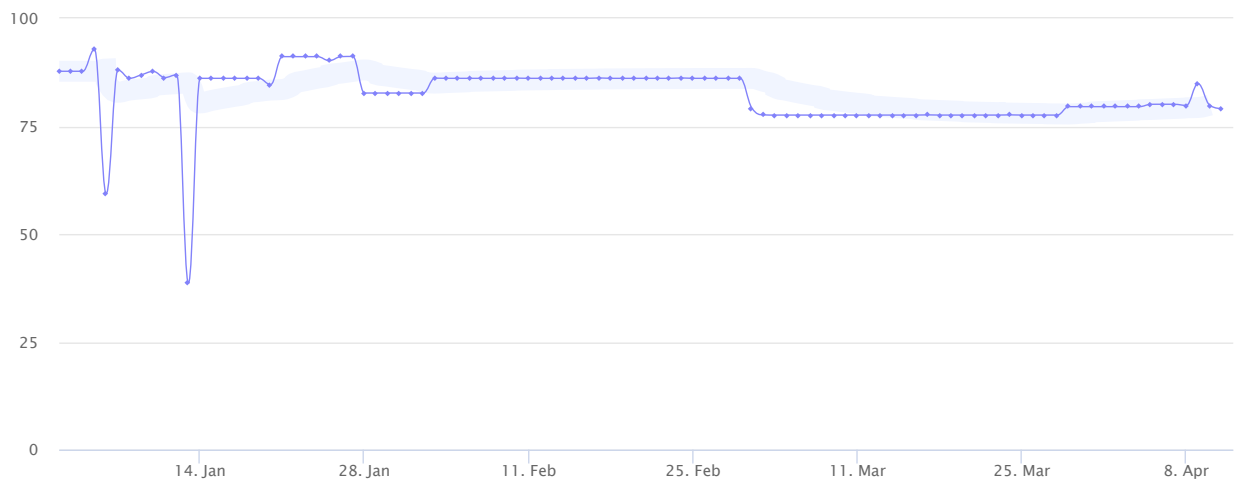
Net Carbs (g) from 2019 January 2 to 2019 April 11



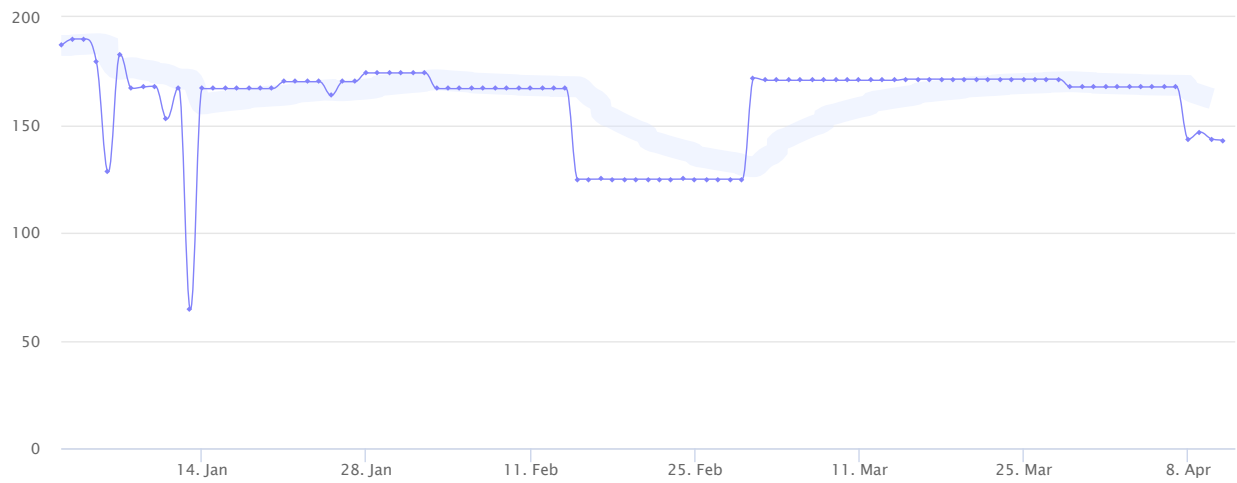
Carbs (g) from 2019 January 2 to 2019 April 11



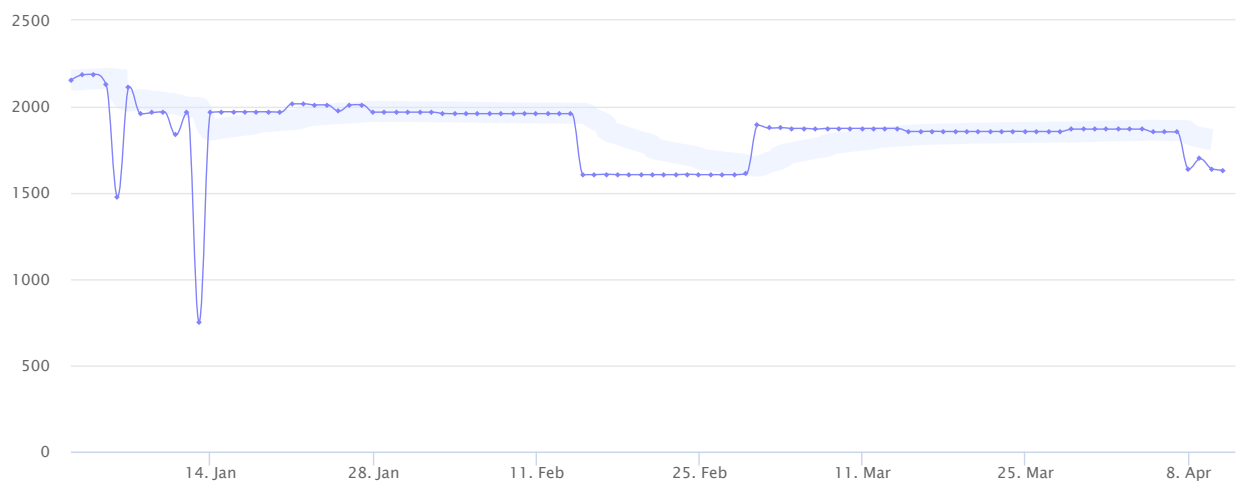
Protein (g) from 2019 January 2 to 2019 April 11



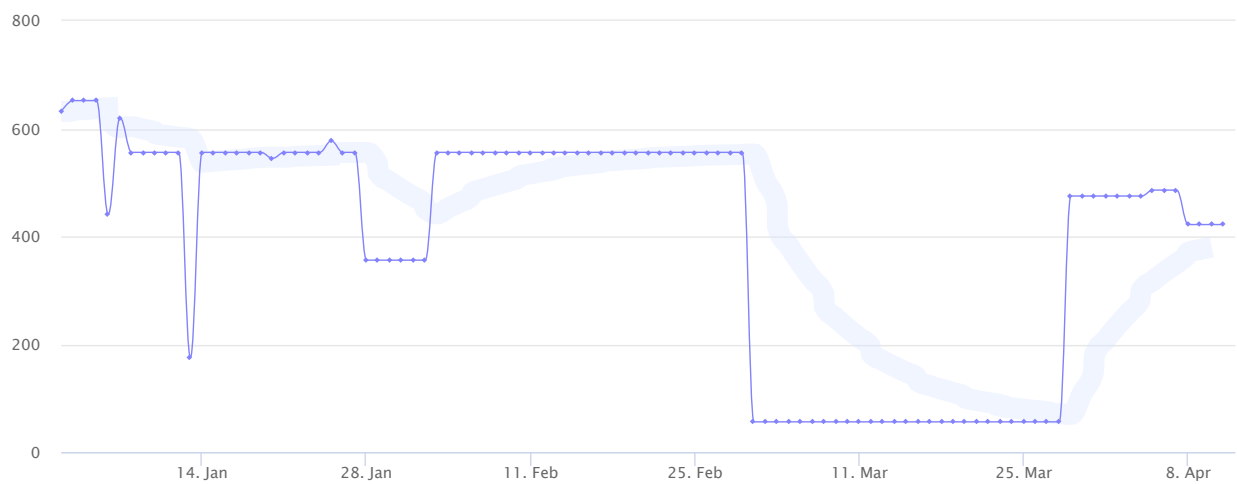
Fat (g) from 2019 January 2 to 2019 April 11



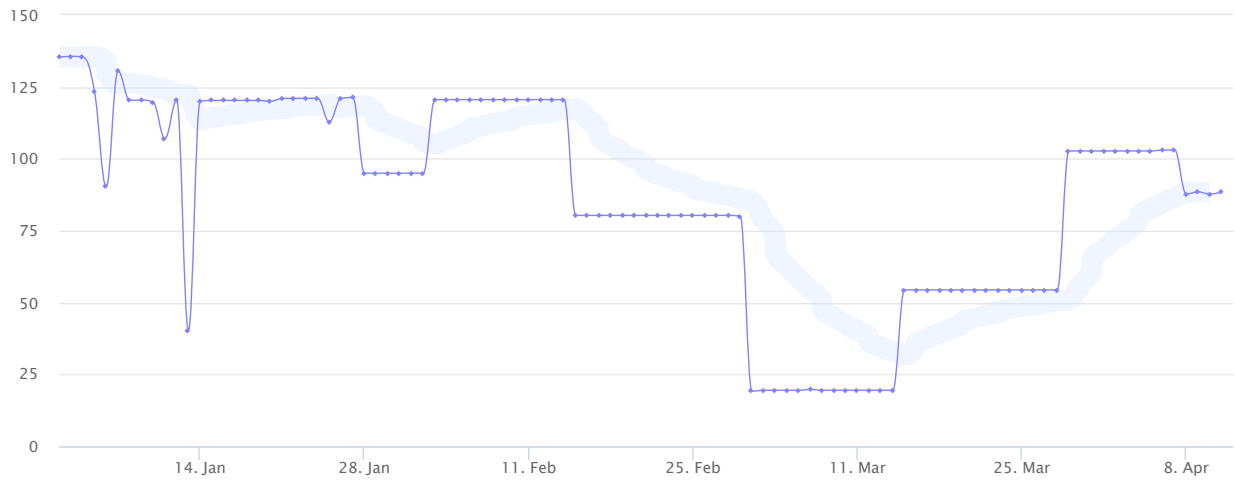
Energy (kcal) from 2019 January 2 to 2019 April 11



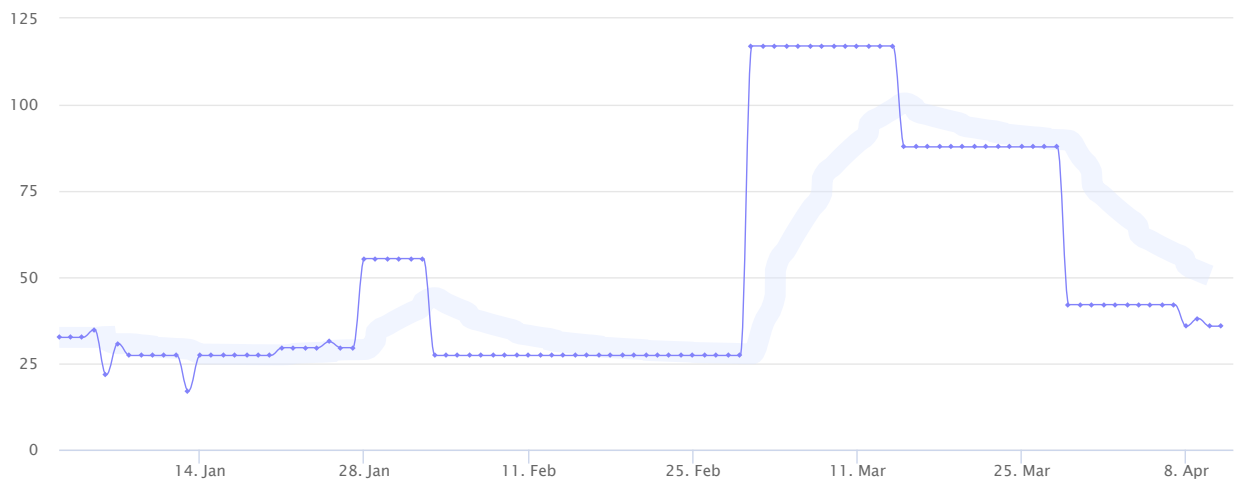
Cholesterol (mg) from 2019 January 2 to 2019 April 11



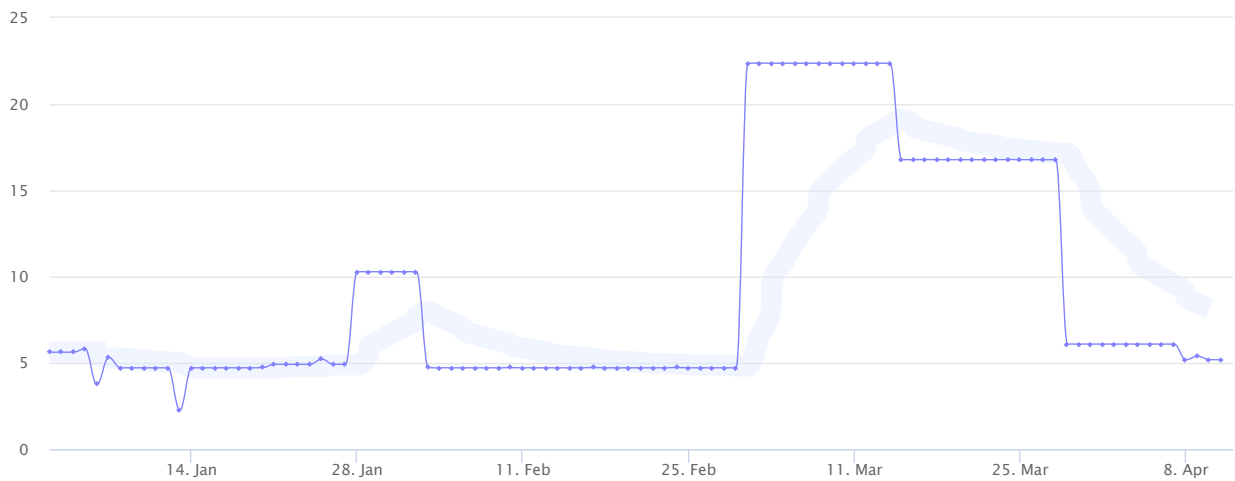
Saturated (g) from 2019 January 2 to 2019 April 11



Monounsaturated (g) from 2019 January 2 to 2019 April 11



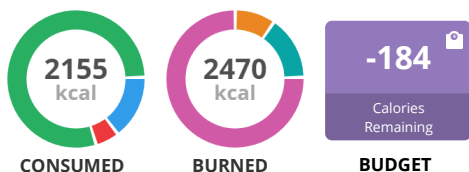
Polyunsaturated (g) from 2019 January 2 to 2019 April 11



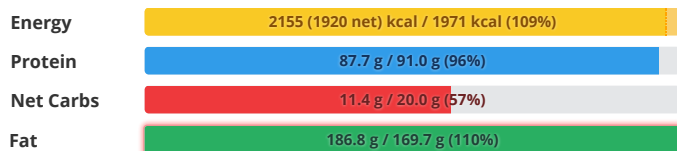
Diary for 2019 January 2, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	4	minutes	
	Sleep (Oura)	5.79	hours	
	Pulse (Oura)	80	bpm	
6:58 AM	Weight (Withings)	244.02	lbs	
6:58 AM	Body Fat (Withings)	34.11	%	
	Keto Chow 2.1, Raspberry Cheesecake	2	Serving	1.12
	Cream, fluid, heavy whipping Darigold 40%	12	fl oz	9.8
	MCT Oil	3	tbsp	0
	Keto Chow, 2.1, Strawberry	1	Scoop, dry mix	0.53

Calories Summary

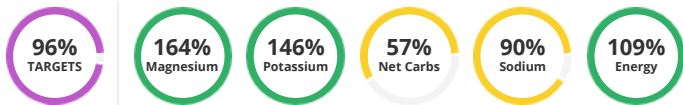


Macronutrient Targets



Nutrients for 2019 January 2, Wednesday

Nutrient Targets



General		
Energy	2155.0 kcal	109%

Carbohydrates		
Carbs	31.6 g	158%
Fiber	20.1 g	No Target
Starch	0.0 g	No Target
Sugars	11.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.4 g	57%

Lipids		
Fat	186.8 g	110%
Monounsaturated	32.5 g	No Target
Polyunsaturated	5.6 g	No Target
Omega-3	0.5 g	34%

Protein		
Protein	87.7 g	96%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.5 mg	195%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	12.2 mg	245%
B6 (Pyridoxine)	2.2 mg	172%
B12 (Cobalamin)	6.8 µg	283%
Folate	458.6 µg	115%
Vitamin A	5401.0 IU	180%
Vitamin C	378.8 mg	421%
Vitamin D	2857.3 IU	476%
Vitamin E	28.5 mg	190%
Vitamin K	137.4 µg	115%

Minerals		
Calcium	2692.8 mg	269%
Copper	2.1 mg	233%
Iron	7.3 mg	181%
Magnesium	688.4 mg	164%
Manganese	2.5 mg	109%
Phosphorus	1257.4 mg	180%
Potassium	4979.6 mg	146%
Selenium	228.7 µg	416%
Sodium	2696.2 mg	90%
Zinc	16.0 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

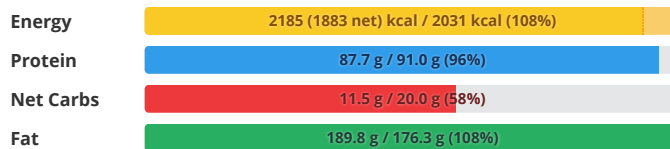
Diary for 2019 January 3, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	22	minutes	
	Sleep (Oura)	7.17	hours	
	Pulse (Oura)	72	bpm	
6:58 AM	Weight (Withings)	241.41	lbs	
6:58 AM	Body Fat (Withings)	34.68	%	
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Cream, fluid, heavy whipping Darigold 40%	12	fl oz	9.8
	MCT Oil	3	tbsp	0
8:25 AM	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
8:25 AM	Keto Chow, 2.1, Salted Caramel	1	Scoop, dry mix	0.6
8:27 AM	Keto Chow Fish Oil	1	× 2 Pills	0
	Ketones (Blood)	0.9	mmol/L	

Calories Summary

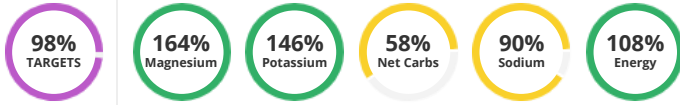


Macronutrient Targets



Nutrients for 2019 January 3, Thursday

Nutrient Targets



General		
Energy	2185.0 kcal	108%

Carbohydrates		
Carbs	31.8 g	159%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	11.5 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.5 g	58%

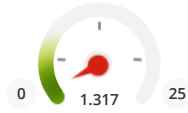
Lipids		
Fat	189.8 g	108%
Monounsaturated	32.5 g	No Target
Polyunsaturated	5.6 g	No Target
Omega-3	2.5 g	157%

Protein		
Protein	87.7 g	96%

Vitamins		
B1 (Thiamine)	1.8 mg	146%
B2 (Riboflavin)	2.7 mg	206%
B3 (Niacin)	22.4 mg	140%
B5 (Pantothenic Acid)	12.7 mg	254%
B6 (Pyridoxine)	2.3 mg	180%
B12 (Cobalamin)	7.0 µg	293%
Folate	503.0 µg	126%
Vitamin A	5431.0 IU	181%
Vitamin C	395.5 mg	439%
Vitamin D	3089.3 IU	515%
Vitamin E	29.7 mg	198%
Vitamin K	143.4 µg	120%

Minerals		
Calcium	2676.5 mg	268%
Copper	2.1 mg	239%
Iron	7.3 mg	181%
Magnesium	688.8 mg	164%
Manganese	2.6 mg	113%
Phosphorus	1317.4 mg	188%
Potassium	4980.6 mg	146%
Selenium	236.7 µg	430%
Sodium	2694.2 mg	90%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

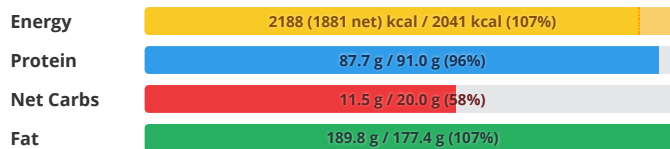
Diary for 2019 January 4, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	9	minutes	
	Sleep (Oura)	7.25	hours	
	Pulse (Oura)	74	bpm	
7:12 AM	Weight (Withings)	240.16	lbs	
7:12 AM	Body Fat (Withings)	34.19	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	2	Serving	1.12
	Keto Chow 2.1, Snickerdoodle	1	Serving	0.6
	Cream, fluid, heavy whipping Darigold 40%	12	fl oz	9.8
	MCT Oil	3	tbsp	0
	Ketones (Blood)	2.2	mmol/L	
	Ketones (Breath)	10.7	ppm	

Calories Summary

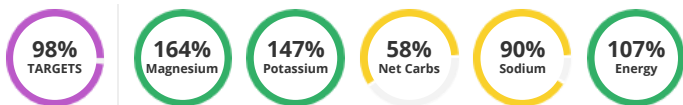


Macronutrient Targets



Nutrients for 2019 January 4, Friday

Nutrient Targets



General		
Energy	2188.0 kcal	107%

Carbohydrates		
Carbs	32.9 g	164%
Fiber	21.3 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.5 g	58%

Lipids		
Fat	189.8 g	107%
Monounsaturated	32.5 g	No Target
Polyunsaturated	5.6 g	No Target
Omega-3	2.5 g	157%

Protein		
Protein	87.7 g	96%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.5 mg	195%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	12.2 mg	245%
B6 (Pyridoxine)	2.2 mg	172%
B12 (Cobalamin)	6.8 µg	283%
Folate	458.0 µg	114%
Vitamin A	5401.0 IU	180%
Vitamin C	378.8 mg	421%
Vitamin D	2625.3 IU	438%
Vitamin E	28.5 mg	190%
Vitamin K	137.8 µg	115%

Minerals		
Calcium	2709.5 mg	271%
Copper	2.1 mg	233%
Iron	7.3 mg	182%
Magnesium	688.5 mg	164%
Manganese	2.6 mg	111%
Phosphorus	1257.4 mg	180%
Potassium	4984.6 mg	147%
Selenium	228.7 µg	416%
Sodium	2703.2 mg	90%
Zinc	16.0 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

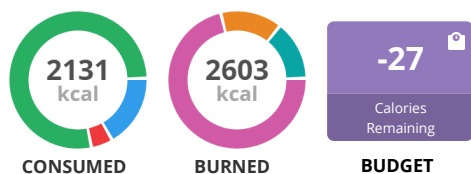


CALCIUM : MAGNESIUM

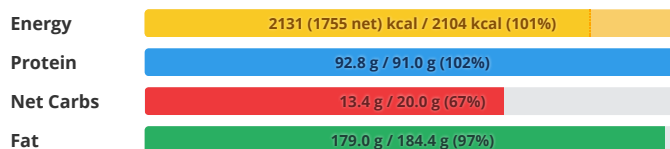
Diary for 2019 January 5, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	25	minutes	
	Sleep (Oura)	6.53	hours	
	Pulse (Oura)	75	bpm	
9:45 AM	Weight (Withings)	238.73	lbs	
9:45 AM	Body Fat (Withings)	34.43	%	
	Keto Chow 2.1, Snickerdoodle	2	Serving	1.2
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Cream, fluid, heavy whipping Darigold 40%	12	fl oz	9.8
	MCT Oil	2	tbsp	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Ketones (Blood)	1.5	mmol/L	
	Ketones (Breath)	14	ppm	

Calories Summary

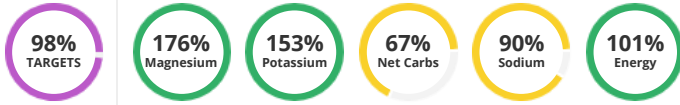


Macronutrient Targets



Nutrients for 2019 January 5, Saturday

Nutrient Targets



General		
Energy	2130.8 kcal	101%

Carbohydrates		
Carbs	36.7 g	183%
Fiber	23.3 g	No Target
Starch	0.0 g	No Target
Sugars	11.2 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	13.4 g	67%

Lipids		
Fat	179.0 g	97%
Monounsaturated	34.8 g	No Target
Polyunsaturated	5.8 g	No Target
Omega-3	2.5 g	157%

Protein		
Protein	92.8 g	102%

Vitamins		
B1 (Thiamine)	1.9 mg	158%
B2 (Riboflavin)	2.9 mg	221%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	13.2 mg	264%
B6 (Pyridoxine)	2.5 mg	190%
B12 (Cobalamin)	7.3 µg	303%
Folate	558.6 µg	140%
Vitamin A	5464.0 IU	182%
Vitamin C	412.2 mg	458%
Vitamin D	2625.3 IU	438%
Vitamin E	30.9 mg	206%
Vitamin K	150.4 µg	125%

Minerals		
Calcium	2710.1 mg	271%
Copper	2.3 mg	261%
Iron	8.5 mg	214%
Magnesium	738.4 mg	176%
Manganese	2.9 mg	128%
Phosphorus	1406.4 mg	201%
Potassium	5200.6 mg	153%
Selenium	245.4 µg	446%
Sodium	2694.2 mg	90%
Zinc	17.1 mg	156%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 January 6, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	8	minutes	
	Sleep (Oura)	7.68	hours	
	Pulse (Oura)	75	bpm	
8:09 AM	Weight (Withings)	237.82	lbs	
8:09 AM	Body Fat (Withings)	34.71	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	8	fl oz	6.53
	MCT Oil	2	tbsp	0
	Keto Chow 2.1, Snickerdoodle	1	Serving	0.6
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	White bread, store bought	0.5	g	0.23

Calories Summary

1477
kcal

CONSUMED

2456
kcal

BURNED

479

Calories Remaining

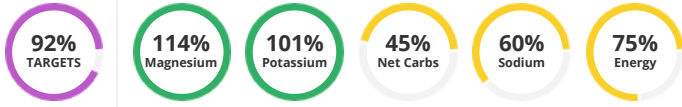
BUDGET

Macronutrient Targets

Energy	1477 (1255 net) kcal / 1957 kcal (75%)
Protein	59.3 g / 91.0 g (65%)
Net Carbs	9.0 g / 20.0 g (45%)
Fat	128.1 g / 168.1 g (76%)

Nutrients for 2019 January 6, Sunday

Nutrient Targets



General		
Energy	1477.3 kcal	75%

Carbohydrates		
Carbs	23.2 g	116%
Fiber	14.2 g	No Target
Starch	0.2 g	No Target
Sugars	7.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.0 g	45%

Lipids		
Fat	128.1 g	76%
Monounsaturated	21.7 g	No Target
Polyunsaturated	3.8 g	No Target
Omega-3	2.3 g	145%

Protein		
Protein	59.3 g	65%

Vitamins		
B1 (Thiamine)	1.2 mg	103%
B2 (Riboflavin)	1.9 mg	147%
B3 (Niacin)	15.7 mg	98%
B5 (Pantothenic Acid)	8.8 mg	176%
B6 (Pyridoxine)	1.6 mg	125%
B12 (Cobalamin)	4.8 µg	202%
Folate	366.4 µg	92%
Vitamin A	3640.7 IU	121%
Vitamin C	274.8 mg	305%
Vitamin D	1750.2 IU	292%
Vitamin E	20.6 mg	137%
Vitamin K	100.3 µg	84%

Minerals		
Calcium	1798.6 mg	180%
Copper	1.6 mg	179%
Iron	5.8 mg	146%
Magnesium	478.7 mg	114%
Manganese	2.0 mg	87%
Phosphorus	947.8 mg	135%
Potassium	3428.0 mg	101%
Selenium	163.9 µg	298%
Sodium	1796.9 mg	60%
Zinc	11.1 mg	101%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

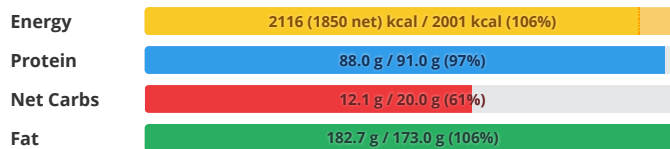
Diary for 2019 January 7, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	8	minutes	
	Sleep (Oura)	6.31	hours	
	Pulse (Oura)	71	bpm	
6:45 AM	Weight (Withings)	237.65	lbs	
6:45 AM	Body Fat (Withings)	33.68	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Keto Chow 2.1, Snickerdoodle	1	Serving	0.6
	Keto Chow, 2.1, Salted Caramel	1	Scoop, dry mix	0.6
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	8	fl oz	6.53
	Cream, fluid, heavy whipping Darigold 40%	100	ml	2.74

Calories Summary

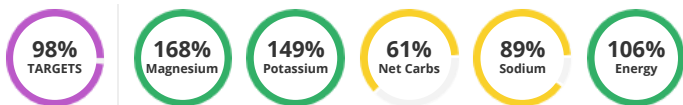


Macronutrient Targets



Nutrients for 2019 January 7, Monday

Nutrient Targets



General		
Energy	2116.2 kcal	106%

Carbohydrates		
Carbs	32.2 g	161%
Fiber	20.1 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	12.1 g	61%

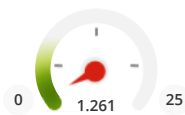
Lipids		
Fat	182.7 g	106%
Monounsaturated	30.8 g	No Target
Polyunsaturated	5.3 g	No Target
Omega-3	2.5 g	155%

Protein		
Protein	88.0 g	97%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.8 mg	217%
B3 (Niacin)	23.5 mg	147%
B5 (Pantothenic Acid)	13.1 mg	262%
B6 (Pyridoxine)	2.4 mg	187%
B12 (Cobalamin)	7.2 µg	301%
Folate	547.2 µg	137%
Vitamin A	5205.0 IU	174%
Vitamin C	412.0 mg	458%
Vitamin D	2845.2 IU	474%
Vitamin E	30.7 mg	205%
Vitamin K	149.5 µg	125%

Minerals		
Calcium	2661.2 mg	266%
Copper	2.3 mg	261%
Iron	8.2 mg	205%
Magnesium	707.0 mg	168%
Manganese	2.9 mg	126%
Phosphorus	1395.3 mg	199%
Potassium	5065.4 mg	149%
Selenium	244.8 µg	445%
Sodium	2679.8 mg	89%
Zinc	16.5 mg	150%

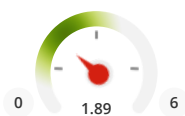
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

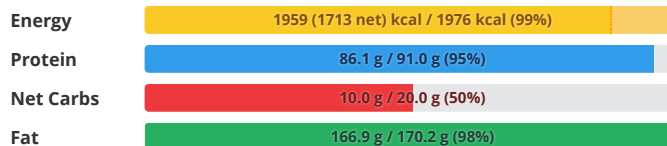
Diary for 2019 January 8, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	6.58	hours	
	Pulse (Oura)	70	bpm	
7:09 AM	Weight (Withings)	237.01	lbs	
7:09 AM	Body Fat (Withings)	34.11	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	MCT Oil	3	tbsp	0
	Keto Chow 2.1, Eggnog	1	Serving	0.6
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Snickerdoodle	1	Serving	0.6

Calories Summary

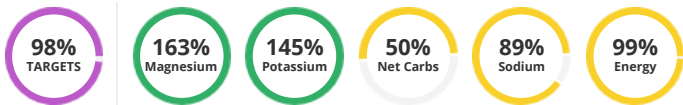


Macronutrient Targets



Nutrients for 2019 January 8, Tuesday

Nutrient Targets



General		
Energy	1958.6 kcal	99%

Carbohydrates		
Carbs	31.4 g	157%
Fiber	21.4 g	No Target
Starch	0.0 g	No Target
Sugars	9.3 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.9 g	98%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	145%
B2 (Riboflavin)	2.6 mg	198%
B3 (Niacin)	22.3 mg	140%
B5 (Pantothenic Acid)	12.4 mg	248%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	6.9 µg	289%
Folate	500.0 µg	125%
Vitamin A	4663.0 IU	155%
Vitamin C	395.1 mg	439%
Vitamin D	2821.0 IU	470%
Vitamin E	29.2 mg	194%
Vitamin K	141.9 µg	118%

Minerals		
Calcium	2633.0 mg	263%
Copper	2.1 mg	238%
Iron	7.2 mg	181%
Magnesium	685.3 mg	163%
Manganese	2.7 mg	116%
Phosphorus	1284.7 mg	184%
Potassium	4928.0 mg	145%
Selenium	235.0 µg	427%
Sodium	2683.0 mg	89%
Zinc	16.0 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

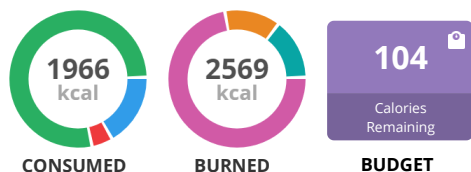


CALCIUM : MAGNESIUM

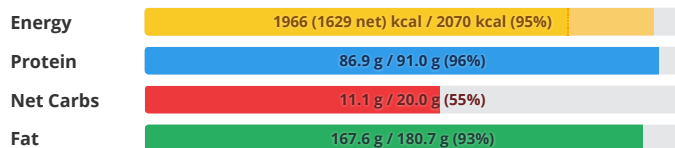
Diary for 2019 January 9, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	12	minutes	
	Sleep (Oura)	5.97	hours	
	Pulse (Oura)	73	bpm	
6:41 AM	Weight (Withings)	236.38	lbs	
6:41 AM	Body Fat (Withings)	33.34	%	
	Keto Chow 2.1, Eggnog	2	Serving	1.2
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22

Calories Summary

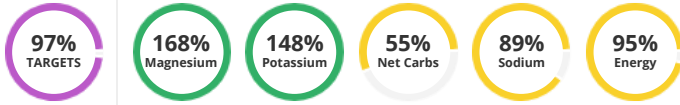


Macronutrient Targets



Nutrients for 2019 January 9, Wednesday

Nutrient Targets



General		
Energy	1965.6 kcal	95%

Carbohydrates		
Carbs	32.2 g	161%
Fiber	21.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.1 g	55%

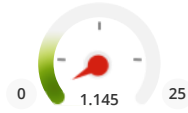
Lipids		
Fat	167.6 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.9 g	96%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	211%
B3 (Niacin)	23.5 mg	147%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	546.3 µg	137%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2620.0 mg	262%
Copper	2.3 mg	261%
Iron	8.2 mg	204%
Magnesium	705.0 mg	168%
Manganese	2.9 mg	124%
Phosphorus	1374.3 mg	196%
Potassium	5032.0 mg	148%
Selenium	243.7 µg	443%
Sodium	2677.0 mg	89%
Zinc	16.4 mg	149%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 January 10, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	6.03	hours	
	Pulse (Oura)	73	bpm	
7:00 AM	Weight (Withings)	235.83	lbs	
7:00 AM	Body Fat (Withings)	32.6	%	
	Keto Chow 2.1 Chocolate	2	Serving	3.26
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow Fish Oil	1	× 2 Pills	0

Calories Summary

1971
kcal

CONSUMED

2457
kcal

BURNED

-13

Calories Remaining

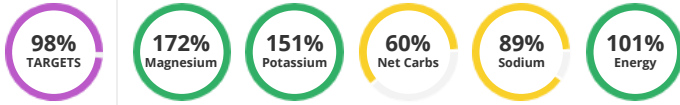
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 100%;"></div> 1971 (1743 net) kcal / 1958 kcal (101%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 96%;"></div> 87.7 g / 91.0 g (96%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 60%;"></div> 12.0 g / 20.0 g (60%)
Fat	<div style="background-color: #28a745; height: 10px; width: 100%;"></div> 167.9 g / 168.2 g (100%)

Nutrients for 2019 January 10, Thursday

Nutrient Targets



General		
Energy	1970.6 kcal	101%

Carbohydrates		
Carbs	33.1 g	165%
Fiber	21.0 g	No Target
Starch	0.0 g	No Target
Sugars	8.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	12.0 g	60%

Lipids		
Fat	167.9 g	100%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	87.7 g	96%

Vitamins		
B1 (Thiamine)	1.7 mg	145%
B2 (Riboflavin)	2.6 mg	201%
B3 (Niacin)	22.5 mg	141%
B5 (Pantothenic Acid)	12.4 mg	249%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	6.9 µg	289%
Folate	503.3 µg	126%
Vitamin A	4663.0 IU	155%
Vitamin C	395.1 mg	439%
Vitamin D	2589.0 IU	432%
Vitamin E	29.2 mg	194%
Vitamin K	142.3 µg	119%

Minerals		
Calcium	2609.7 mg	261%
Copper	2.4 mg	270%
Iron	9.1 mg	228%
Magnesium	722.8 mg	172%
Manganese	2.9 mg	126%
Phosphorus	1342.0 mg	192%
Potassium	5134.0 mg	151%
Selenium	236.3 µg	430%
Sodium	2672.0 mg	89%
Zinc	16.5 mg	150%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

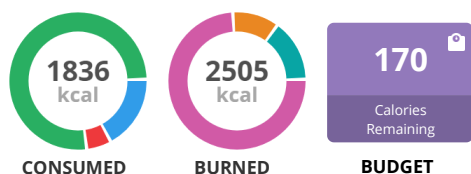


CALCIUM : MAGNESIUM

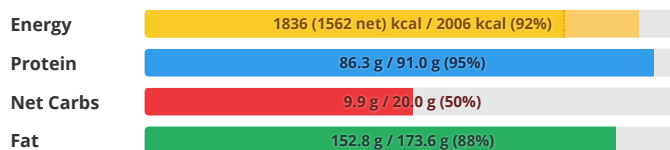
Diary for 2019 January 11, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	15	minutes	
	Sleep (Oura)	7.93	hours	
	Pulse (Oura)	71	bpm	
7:25 AM	Weight (Withings)	235.19	lbs	
7:25 AM	Body Fat (Withings)	33.25	%	
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Strawberry	2	Scoop, dry mix	1.06
	Keto Chow 2.1, Savory Chicken Soup	1	Serving	0.63
	MCT Oil	2	tbsp	0
	Keto Chow Fish Oil	1	× 2 Pills	0

Calories Summary

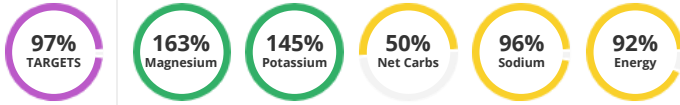


Macronutrient Targets



Nutrients for 2019 January 11, Friday

Nutrient Targets



General		
Energy	1836.4 kcal	92%

Carbohydrates		
Carbs	28.1 g	140%
Fiber	18.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.9 g	50%

Lipids		
Fat	152.8 g	88%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.3 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	145%
B2 (Riboflavin)	2.6 mg	198%
B3 (Niacin)	22.3 mg	140%
B5 (Pantothenic Acid)	12.4 mg	248%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	6.9 µg	289%
Folate	500.7 µg	125%
Vitamin A	4663.0 IU	155%
Vitamin C	395.1 mg	439%
Vitamin D	3053.0 IU	509%
Vitamin E	29.2 mg	194%
Vitamin K	141.6 µg	118%

Minerals		
Calcium	2593.0 mg	259%
Copper	2.1 mg	238%
Iron	7.2 mg	180%
Magnesium	684.7 mg	163%
Manganese	2.6 mg	113%
Phosphorus	1284.0 mg	183%
Potassium	4920.0 mg	145%
Selenium	235.0 µg	427%
Sodium	2879.0 mg	96%
Zinc	16.0 mg	145%

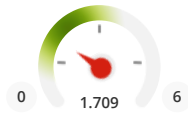
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 January 12, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	52	minutes	
	Sleep (Oura)	6.73	hours	
	Pulse (Oura)	70	bpm	
9:39 AM	Weight (Withings)	233.9	lbs	
9:39 AM	Body Fat (Withings)	32.83	%	
	Keto Chow 2.1, Snickerdoodle	2	Serving	1.2
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22

Calories Summary

1966
kcal

CONSUMED

2823
kcal

BURNED

358

Calories Remaining

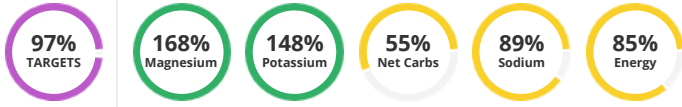
BUDGET

Macronutrient Targets

Energy	1966 (1360 net) kcal / 2324 kcal (85%)
Protein	86.9 g / 91.0 g (96%)
Net Carbs	11.1 g / 20.0 g (55%)
Fat	167.4 g / 208.9 g (80%)

Nutrients for 2019 January 12, Saturday

Nutrient Targets



General		
Energy	1965.6 kcal	85%

Carbohydrates		
Carbs	32.4 g	162%
Fiber	21.4 g	No Target
Starch	0.0 g	No Target
Sugars	8.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.1 g	55%

Lipids		
Fat	167.4 g	80%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.9 g	96%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	211%
B3 (Niacin)	23.5 mg	147%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	2589.0 IU	432%
Vitamin E	30.4 mg	202%
Vitamin K	148.6 µg	124%

Minerals		
Calcium	2626.7 mg	263%
Copper	2.3 mg	260%
Iron	8.2 mg	205%
Magnesium	704.4 mg	168%
Manganese	2.9 mg	128%
Phosphorus	1373.0 mg	196%
Potassium	5032.0 mg	148%
Selenium	243.7 µg	443%
Sodium	2675.0 mg	89%
Zinc	16.4 mg	149%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

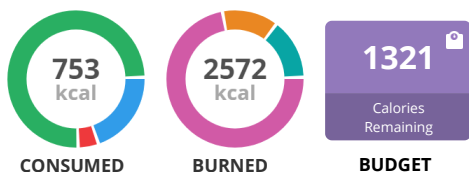


CALCIUM : MAGNESIUM

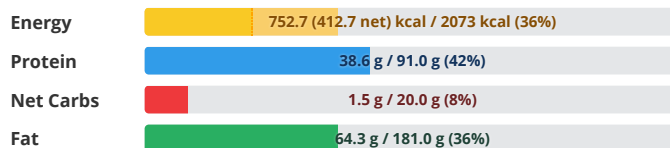
Diary for 2019 January 13, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	11	minutes	
	Sleep (Oura)	6.32	hours	
	Pulse (Oura)	74	bpm	
8:03 AM	Weight (Withings)	234.46	lbs	
8:03 AM	Body Fat (Withings)	32.09	%	
4:37 PM	Keto Chow 2.5 Spicy Taco Soup	1	Serving	0.33
4:37 PM	Butter, Salted	0.5	stick	0.03
4:37 PM	Colby Jack Cheese	2	oz	0.92
	White bread, store bought	0.5	g	0.23

Calories Summary

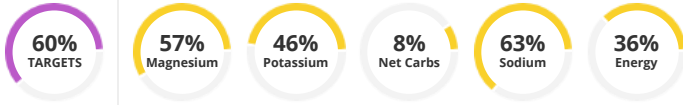


Macronutrient Targets



Nutrients for 2019 January 13, Sunday

Nutrient Targets



General		
Energy	752.7 kcal	36%

Carbohydrates		
Carbs	9.7 g	49%
Fiber	8.2 g	No Target
Starch	0.2 g	No Target
Sugars	0.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.5 g	8%

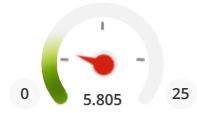
Lipids		
Fat	64.3 g	36%
Monounsaturated	17.0 g	No Target
Polyunsaturated	2.3 g	No Target
Omega-3	0.3 g	21%

Protein		
Protein	38.6 g	42%

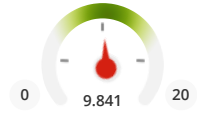
Vitamins		
B1 (Thiamine)	0.5 mg	43%
B2 (Riboflavin)	0.8 mg	64%
B3 (Niacin)	6.8 mg	42%
B5 (Pantothenic Acid)	3.5 mg	70%
B6 (Pyridoxine)	0.7 mg	55%
B12 (Cobalamin)	3.2 µg	132%
Folate	146.1 µg	37%
Vitamin A	2925.0 IU	97%
Vitamin C	121.3 mg	135%
Vitamin D	818.9 IU	136%
Vitamin E	13.5 mg	90%
Vitamin K	45.4 µg	38%

Minerals		
Calcium	766.7 mg	77%
Copper	0.7 mg	76%
Iron	2.6 mg	64%
Magnesium	239.3 mg	57%
Manganese	0.8 mg	35%
Phosphorus	507.8 mg	73%
Potassium	1559.2 mg	46%
Selenium	78.9 µg	143%
Sodium	1878.7 mg	63%
Zinc	6.8 mg	62%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 January 14, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	7.13	hours	
	Pulse (Oura)	82	bpm	
7:53 AM	Weight (Withings)	232.81	lbs	
7:53 AM	Body Fat (Withings)	33.26	%	
9:18 AM	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
9:19 AM	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
9:19 AM	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
9:19 AM	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
9:19 AM	MCT Oil	3	tbsp	0
9:19 AM	Keto Chow Fish Oil	1	× 2 Pills	0

Calories Summary

1966
kcal

CONSUMED

2417
kcal

BURNED

-48

Calories Remaining

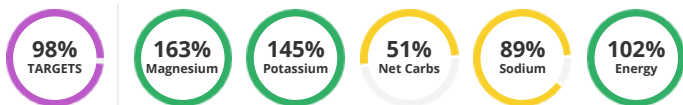
BUDGET

Macronutrient Targets

Energy	1966 (1784 net) kcal / 1918 kcal (102%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	10.2 g / 20.0 g (51%)
Fat	166.8 g / 163.8 g (102%)

Nutrients for 2019 January 14, Monday

Nutrient Targets



General		
Energy	1965.6 kcal	102%

Carbohydrates		
Carbs	31.6 g	158%
Fiber	21.4 g	No Target
Starch	0.0 g	No Target
Sugars	9.3 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.2 g	51%

Lipids		
Fat	166.8 g	102%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	145%
B2 (Riboflavin)	2.6 mg	198%
B3 (Niacin)	22.3 mg	140%
B5 (Pantothenic Acid)	12.4 mg	248%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	6.9 µg	289%
Folate	500.0 µg	125%
Vitamin A	4663.0 IU	155%
Vitamin C	395.1 mg	439%
Vitamin D	2821.0 IU	470%
Vitamin E	29.2 mg	194%
Vitamin K	141.6 µg	118%

Minerals		
Calcium	2595.0 mg	260%
Copper	2.1 mg	238%
Iron	7.2 mg	180%
Magnesium	684.7 mg	163%
Manganese	2.6 mg	113%
Phosphorus	1284.0 mg	183%
Potassium	4916.0 mg	145%
Selenium	235.0 µg	427%
Sodium	2668.0 mg	89%
Zinc	16.0 mg	145%

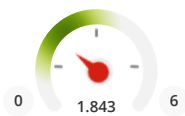
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

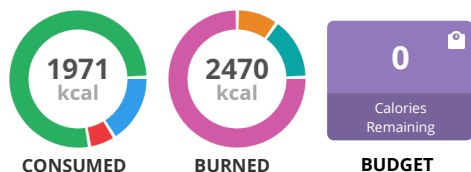


CALCIUM : MAGNESIUM

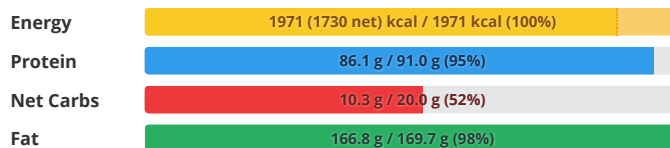
Diary for 2019 January 15, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	21	minutes	
	Sleep (Oura)	6.96	hours	
	Pulse (Oura)	71	bpm	
6:57 AM	Weight (Withings)	233.07	lbs	
6:57 AM	Body Fat (Withings)	33.92	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	2	scoop	1.4
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

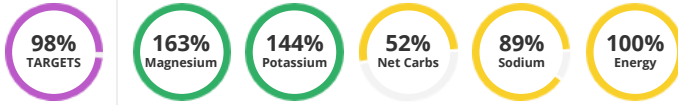


Macronutrient Targets



Nutrients for 2019 January 15, Tuesday

Nutrient Targets



General		
Energy	1970.6 kcal	100%

Carbohydrates		
Carbs	31.9 g	159%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

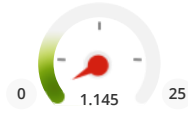
Lipids		
Fat	166.8 g	98%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	544.3 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2578.0 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4911.0 mg	144%
Selenium	243.0 µg	442%
Sodium	2659.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

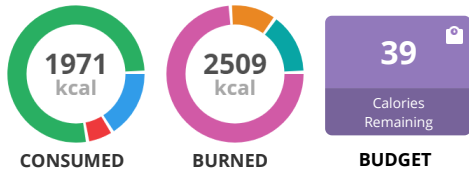


CALCIUM : MAGNESIUM

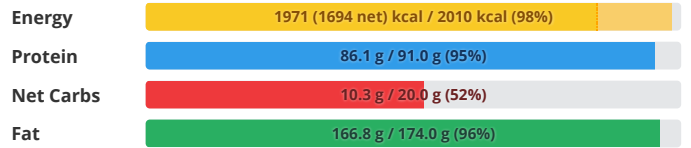
Diary for 2019 January 16, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	13	minutes	
	Sleep (Oura)	5.56	hours	
	Pulse (Oura)	70	bpm	
6:40 AM	Weight (Withings)	232.46	lbs	
6:40 AM	Body Fat (Withings)	32.44	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	2	scoop	1.4
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

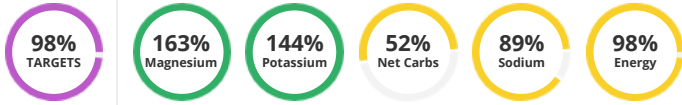


Macronutrient Targets



Nutrients for 2019 January 16, Wednesday

Nutrient Targets



General		
Energy	1970.6 kcal	98%

Carbohydrates		
Carbs	31.9 g	159%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

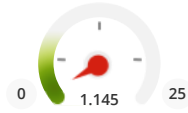
Lipids		
Fat	166.8 g	96%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

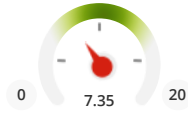
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	544.3 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2578.0 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4911.0 mg	144%
Selenium	243.0 µg	442%
Sodium	2659.0 mg	89%
Zinc	16.1 mg	147%

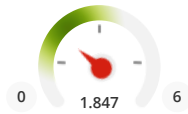
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 January 17, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	25	minutes	
	Sleep (Oura)	6.69	hours	
	Pulse (Oura)	74	bpm	
6:53 AM	Weight (Withings)	230.22	lbs	
6:53 AM	Body Fat (Withings)	32.48	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	2	scoop	1.4
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

1971
kcal

CONSUMED

2551
kcal

BURNED

81

Calories Remaining

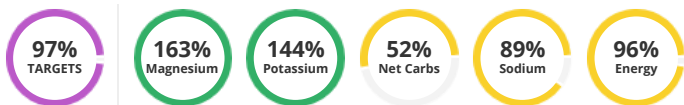
BUDGET

Macronutrient Targets

Energy	1971 (1647 net) kcal / 2052 kcal (96%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	10.3 g / 20.0 g (52%)
Fat	166.8 g / 178.7 g (93%)

Nutrients for 2019 January 17, Thursday

Nutrient Targets



General		
Energy	1970.6 kcal	96%

Carbohydrates		
Carbs	31.9 g	159%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

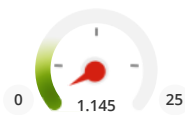
Lipids		
Fat	166.8 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	544.3 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2578.0 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4911.0 mg	144%
Selenium	243.0 µg	442%
Sodium	2659.0 mg	89%
Zinc	16.1 mg	147%

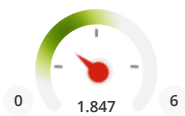
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

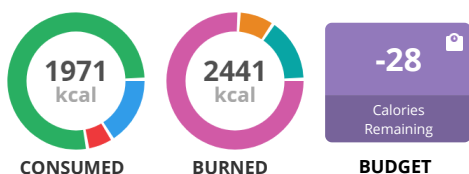


CALCIUM : MAGNESIUM

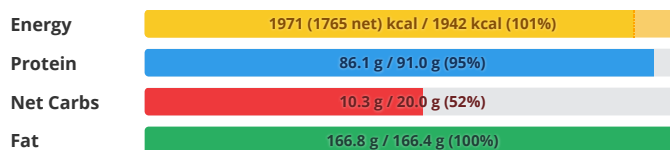
Diary for 2019 January 18, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)		4 minutes	
	Sleep (Oura)		7.21 hours	
	Pulse (Oura)		72 bpm	
7:19 AM	Weight (Withings)		229.83 lbs	
7:19 AM	Body Fat (Withings)		32.66 %	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	2	scoop	1.4
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

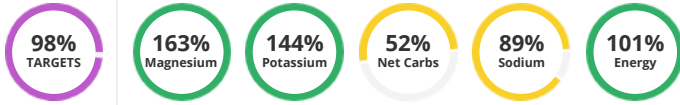


Macronutrient Targets



Nutrients for 2019 January 18, Friday

Nutrient Targets



General		
Energy	1970.6 kcal	101%

Carbohydrates		
Carbs	31.9 g	159%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

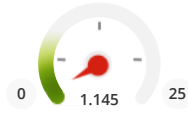
Lipids		
Fat	166.8 g	100%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

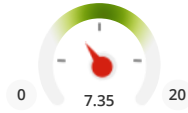
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	544.3 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2578.0 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4911.0 mg	144%
Selenium	243.0 µg	442%
Sodium	2659.0 mg	89%
Zinc	16.1 mg	147%

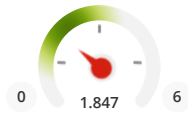
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

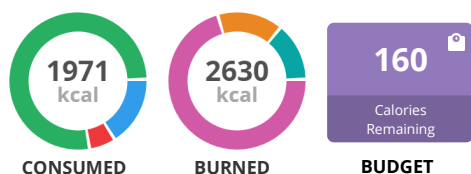


CALCIUM : MAGNESIUM

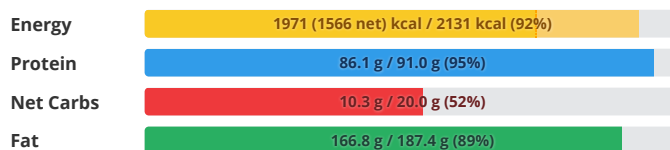
Diary for 2019 January 19, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	30	minutes	
	Sleep (Oura)	6.72	hours	
	Pulse (Oura)	71	bpm	
10:32 AM	Weight (Withings)	230.14	lbs	
10:32 AM	Body Fat (Withings)	32.46	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	2	scoop	1.4
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

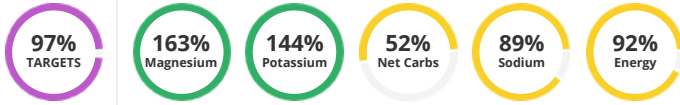


Macronutrient Targets



Nutrients for 2019 January 19, Saturday

Nutrient Targets



General		
Energy	1970.6 kcal	92%

Carbohydrates		
Carbs	31.9 g	159%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

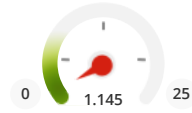
Lipids		
Fat	166.8 g	89%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	544.3 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2578.0 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4911.0 mg	144%
Selenium	243.0 µg	442%
Sodium	2659.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

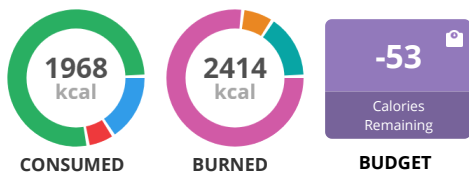


CALCIUM : MAGNESIUM

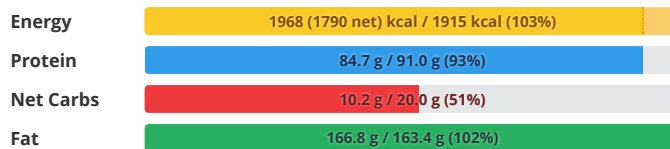
Diary for 2019 January 20, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	3	minutes	
	Sleep (Oura)	6.77	hours	
	Pulse (Oura)	76	bpm	
8:05 AM	Weight (Withings)	231.17	lbs	
8:05 AM	Body Fat (Withings)	32.31	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0
	Keto Chow 2.5 Spicy Taco Soup	1	Serving	0.33
	White bread, store bought	0.5	g	0.23

Calories Summary

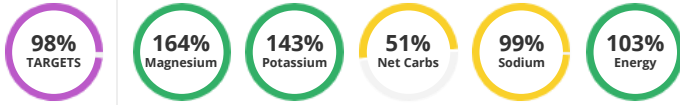


Macronutrient Targets



Nutrients for 2019 January 20, Sunday

Nutrient Targets



General		
Energy	1967.9 kcal	103%

Carbohydrates		
Carbs	32.7 g	163%
Fiber	22.5 g	No Target
Starch	0.2 g	No Target
Sugars	9.3 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.2 g	51%

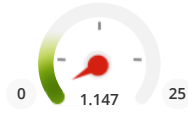
Lipids		
Fat	166.8 g	102%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	84.7 g	93%

Vitamins		
B1 (Thiamine)	1.7 mg	145%
B2 (Riboflavin)	2.6 mg	200%
B3 (Niacin)	22.4 mg	140%
B5 (Pantothenic Acid)	12.4 mg	248%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.5 µg	314%
Folate	500.8 µg	125%
Vitamin A	5469.0 IU	182%
Vitamin C	396.4 mg	440%
Vitamin D	2821.0 IU	470%
Vitamin E	33.2 mg	221%
Vitamin K	141.6 µg	118%

Minerals		
Calcium	2199.4 mg	220%
Copper	2.1 mg	238%
Iron	7.0 mg	176%
Magnesium	686.9 mg	164%
Manganese	2.6 mg	113%
Phosphorus	1192.8 mg	170%
Potassium	4860.6 mg	143%
Selenium	235.1 µg	427%
Sodium	2978.5 mg	99%
Zinc	16.0 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

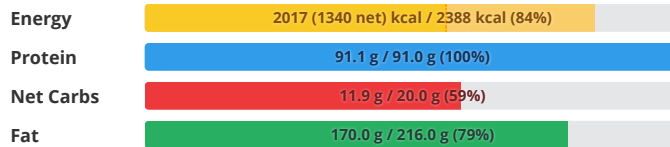
Diary for 2019 January 21, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	68	minutes	
	Sleep (Oura)	7.66	hours	
	Pulse (Oura)	72	bpm	
7:45 AM	Weight (Withings)	230.88	lbs	
7:45 AM	Body Fat (Withings)	32.45	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

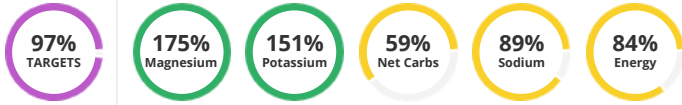


Macronutrient Targets



Nutrients for 2019 January 21, Monday

Nutrient Targets



General		
Energy	2016.6 kcal	84%

Carbohydrates		
Carbs	33.9 g	169%
Fiber	22.0 g	No Target
Starch	0.0 g	No Target
Sugars	10.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.9 g	59%

Lipids		
Fat	170.0 g	79%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.1 g	100%

Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	557.0 µg	139%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	2821.0 IU	470%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2596.0 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	211%
Magnesium	734.1 mg	175%
Manganese	2.8 mg	123%
Phosphorus	1373.0 mg	196%
Potassium	5132.0 mg	151%
Selenium	243.7 µg	443%
Sodium	2661.0 mg	89%
Zinc	17.0 mg	154%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

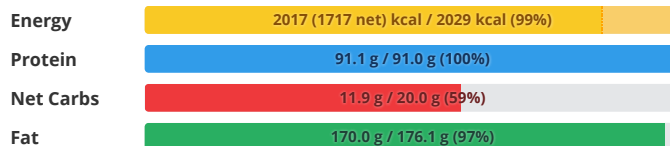
Diary for 2019 January 22, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	23	minutes	
	Sleep (Oura)	6.33	hours	
	Pulse (Oura)	85	bpm	
7:02 AM	Weight (Withings)	230.64	lbs	
7:02 AM	Body Fat (Withings)	31.74	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	MCT Oil	3	tbsp	0

Calories Summary

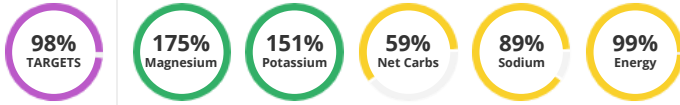


Macronutrient Targets



Nutrients for 2019 January 22, Tuesday

Nutrient Targets



General		
Energy	2016.6 kcal	99%

Carbohydrates		
Carbs	33.9 g	169%
Fiber	22.0 g	No Target
Starch	0.0 g	No Target
Sugars	10.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.9 g	59%

Lipids		
Fat	170.0 g	97%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.1 g	100%

Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	557.0 µg	139%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	2821.0 IU	470%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2596.0 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	211%
Magnesium	734.1 mg	175%
Manganese	2.8 mg	123%
Phosphorus	1373.0 mg	196%
Potassium	5132.0 mg	151%
Selenium	243.7 µg	443%
Sodium	2661.0 mg	89%
Zinc	17.0 mg	154%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

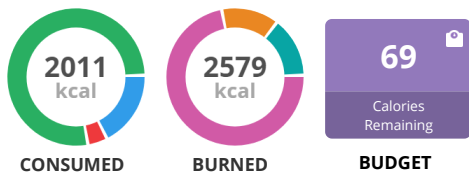


CALCIUM : MAGNESIUM

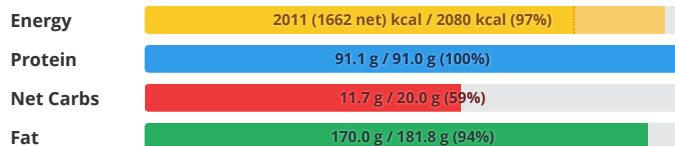
Diary for 2019 January 23, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	18	minutes	
	Sleep (Oura)	6.18	hours	
	Pulse (Oura)	69	bpm	
6:42 AM	Weight (Withings)	229.64	lbs	
6:42 AM	Body Fat (Withings)	31.61	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow 2.1 Strawberry	1	Serving	0.53
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	MCT Oil	3	tbsp	0

Calories Summary

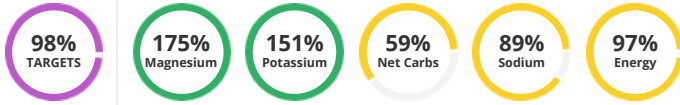


Macronutrient Targets



Nutrients for 2019 January 23, Wednesday

Nutrient Targets



General		
Energy	2010.6 kcal	97%

Carbohydrates		
Carbs	32.6 g	163%
Fiber	20.9 g	No Target
Starch	0.0 g	No Target
Sugars	10.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.7 g	59%

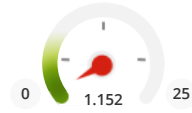
Lipids		
Fat	170.0 g	93%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.1 g	100%

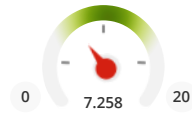
Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	557.7 µg	139%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	2821.0 IU	470%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2600.0 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	211%
Magnesium	734.1 mg	175%
Manganese	2.8 mg	123%
Phosphorus	1373.0 mg	196%
Potassium	5133.0 mg	151%
Selenium	243.7 µg	443%
Sodium	2661.0 mg	89%
Zinc	17.0 mg	154%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

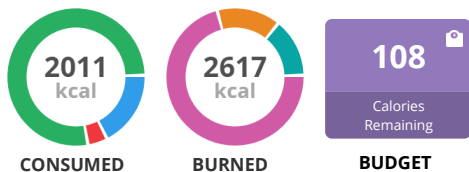


CALCIUM : MAGNESIUM

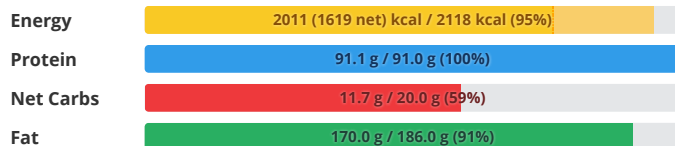
Diary for 2019 January 24, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	29	minutes	
	Sleep (Oura)	6.58	hours	
	Pulse (Oura)	70	bpm	
6:51 AM	Weight (Withings)	229.29	lbs	
6:51 AM	Body Fat (Withings)	30.53	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow 2.1 Strawberry	1	Serving	0.53
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	MCT Oil	3	tbsp	0

Calories Summary

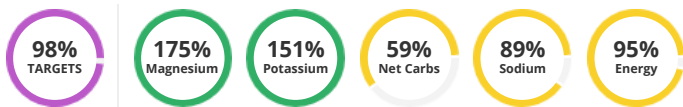


Macronutrient Targets



Nutrients for 2019 January 24, Thursday

Nutrient Targets



General		
Energy	2010.6 kcal	95%

Carbohydrates		
Carbs	32.6 g	163%
Fiber	20.9 g	No Target
Starch	0.0 g	No Target
Sugars	10.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.7 g	59%

Lipids		
Fat	170.0 g	91%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.1 g	100%

Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	557.7 µg	139%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	2821.0 IU	470%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2600.0 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	211%
Magnesium	734.1 mg	175%
Manganese	2.8 mg	123%
Phosphorus	1373.0 mg	196%
Potassium	5133.0 mg	151%
Selenium	243.7 µg	443%
Sodium	2661.0 mg	89%
Zinc	17.0 mg	154%

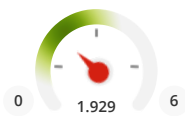
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

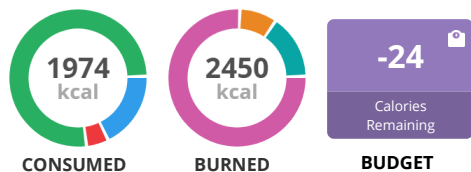


CALCIUM : MAGNESIUM

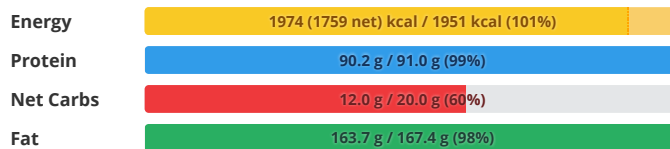
Diary for 2019 January 25, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	5.83	hours	
	Pulse (Oura)	71	bpm	
7:10 AM	Weight (Withings)	228.2	lbs	
7:10 AM	Body Fat (Withings)	31.65	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	200	ml	5.48
	Keto Chow 2.5 Spicy Taco Soup	1	Serving	0.33
	MCT Oil	2	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	4	fl oz	3.27

Calories Summary

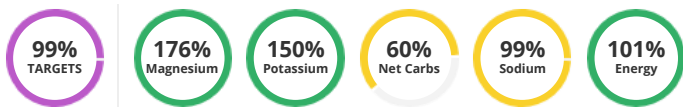


Macronutrient Targets



Nutrients for 2019 January 25, Friday

Nutrient Targets



General		
Energy	1974.2 kcal	101%

Carbohydrates		
Carbs	35.1 g	175%
Fiber	23.0 g	No Target
Starch	0.0 g	No Target
Sugars	10.6 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	12.0 g	60%

Lipids		
Fat	163.7 g	98%
Monounsaturated	31.3 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	2.4 g	153%

Protein		
Protein	90.2 g	99%

Vitamins		
B1 (Thiamine)	1.8 mg	149%
B2 (Riboflavin)	2.7 mg	206%
B3 (Niacin)	23.6 mg	147%
B5 (Pantothenic Acid)	12.5 mg	250%
B6 (Pyridoxine)	2.4 mg	181%
B12 (Cobalamin)	7.6 µg	315%
Folate	514.1 µg	129%
Vitamin A	5728.0 IU	191%
Vitamin C	396.6 mg	441%
Vitamin D	2833.1 IU	472%
Vitamin E	33.3 mg	222%
Vitamin K	142.5 µg	119%

Minerals		
Calcium	2242.3 mg	224%
Copper	2.3 mg	254%
Iron	8.3 mg	207%
Magnesium	737.1 mg	176%
Manganese	2.7 mg	120%
Phosphorus	1232.4 mg	176%
Potassium	5100.2 mg	150%
Selenium	236.2 µg	430%
Sodium	2984.4 mg	99%
Zinc	16.9 mg	154%

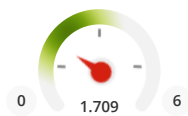
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

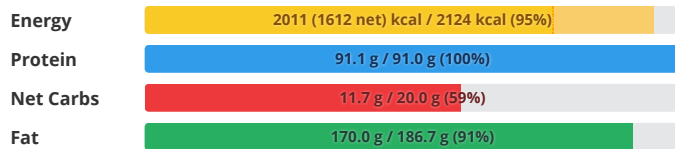
Diary for 2019 January 26, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	34	minutes	
	Sleep (Oura)	6.14	hours	
	Pulse (Oura)	70	bpm	
9:18 AM	Weight (Withings)	227.31	lbs	
9:18 AM	Body Fat (Withings)	29.53	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow 2.1 Strawberry	1	Serving	0.53
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	MCT Oil	3	tbsp	0

Calories Summary

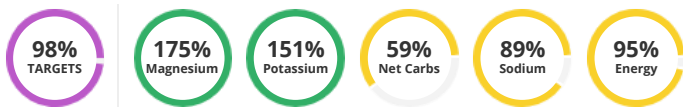


Macronutrient Targets



Nutrients for 2019 January 26, Saturday

Nutrient Targets



General		
Energy	2010.6 kcal	95%

Carbohydrates		
Carbs	32.6 g	163%
Fiber	20.9 g	No Target
Starch	0.0 g	No Target
Sugars	10.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.7 g	59%

Lipids		
Fat	170.0 g	91%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.1 g	100%

Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	557.7 µg	139%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	2821.0 IU	470%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2600.0 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	211%
Magnesium	734.1 mg	175%
Manganese	2.8 mg	123%
Phosphorus	1373.0 mg	196%
Potassium	5133.0 mg	151%
Selenium	243.7 µg	443%
Sodium	2661.0 mg	89%
Zinc	17.0 mg	154%

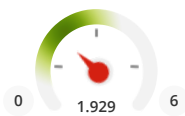
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

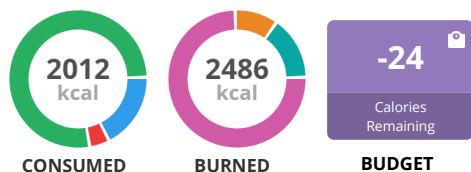


CALCIUM : MAGNESIUM

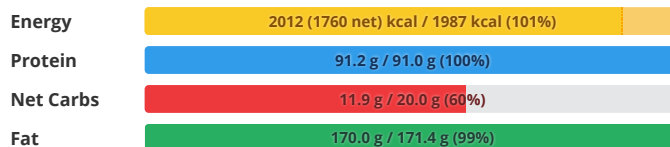
Diary for 2019 January 27, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	6	minutes	
	Sleep (Oura)	7.78	hours	
	Pulse (Oura)	72	bpm	
	Sleep (Google Fit)	7.13	hours	
7:43 AM	Weight (Withings)	227.05	lbs	
7:43 AM	Body Fat (Withings)	31.96	%	
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow, 2.1, Strawberry	1	Scoop, dry mix	0.53
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	White bread, store bought	0.5	g	0.23

Calories Summary

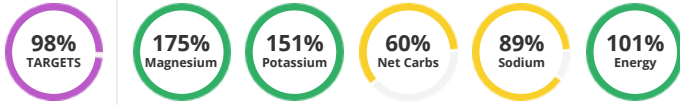


Macronutrient Targets



Nutrients for 2019 January 27, Sunday

Nutrient Targets



General		
Energy	2011.9 kcal	101%

Carbohydrates		
Carbs	32.8 g	164%
Fiber	20.9 g	No Target
Starch	0.2 g	No Target
Sugars	10.6 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	11.9 g	60%

Lipids		
Fat	170.0 g	99%
Monounsaturated	29.6 g	No Target
Polyunsaturated	4.9 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	91.2 g	100%

Vitamins		
B1 (Thiamine)	1.9 mg	157%
B2 (Riboflavin)	2.8 mg	213%
B3 (Niacin)	24.7 mg	154%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	188%
B12 (Cobalamin)	7.2 µg	299%
Folate	558.5 µg	140%
Vitamin A	4696.0 IU	157%
Vitamin C	411.8 mg	458%
Vitamin D	3053.0 IU	509%
Vitamin E	30.4 mg	202%
Vitamin K	147.9 µg	123%

Minerals		
Calcium	2600.7 mg	260%
Copper	2.3 mg	260%
Iron	8.5 mg	212%
Magnesium	734.3 mg	175%
Manganese	2.8 mg	124%
Phosphorus	1373.5 mg	196%
Potassium	5133.6 mg	151%
Selenium	243.8 µg	443%
Sodium	2663.5 mg	89%
Zinc	17.0 mg	154%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

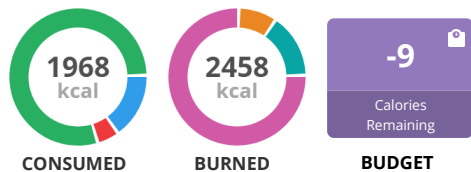


CALCIUM : MAGNESIUM

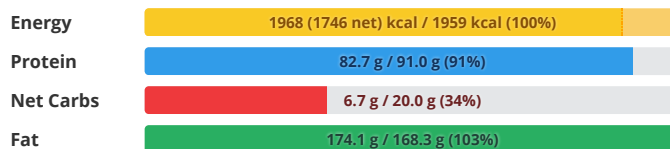
Diary for 2019 January 28, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	2	minutes	
	Sleep (Oura)	6.48	hours	
	Pulse (Oura)	68	bpm	
6:29 AM	Weight (Withings)	230.08	lbs	
6:29 AM	Body Fat (Withings)	32.87	%	
6:53 AM	Weight (Withings)	227.28	lbs	
6:53 AM	Body Fat (Withings)	31.47	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

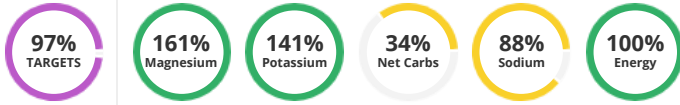


Macronutrient Targets



Nutrients for 2019 January 28, Monday

Nutrient Targets



General		
Energy	1968.3 kcal	100%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	104%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

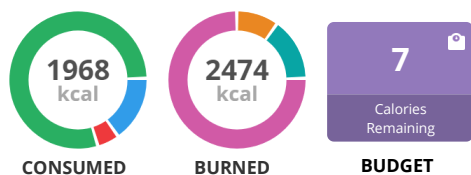


CALCIUM : MAGNESIUM

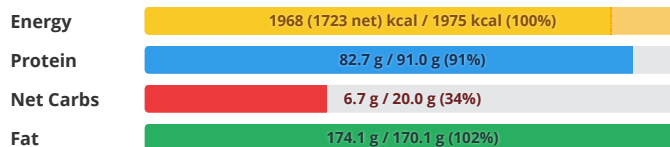
Diary for 2019 January 29, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	7.54	hours	
	Pulse (Oura)	69	bpm	
6:59 AM	Weight (Withings)	226.13	lbs	
6:59 AM	Body Fat (Withings)	31.71	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

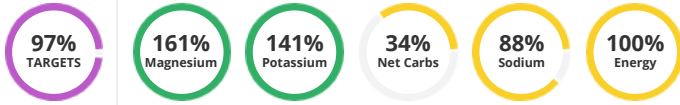


Macronutrient Targets



Nutrients for 2019 January 29, Tuesday

Nutrient Targets



General		
Energy	1968.3 kcal	100%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	102%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

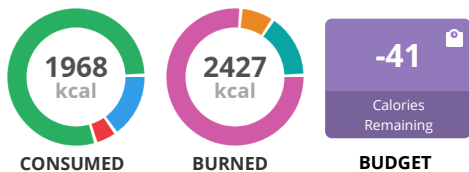


CALCIUM : MAGNESIUM

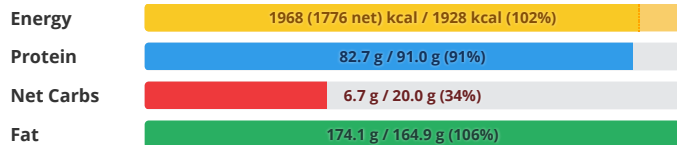
Diary for 2019 January 30, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	5.85	hours	
	Pulse (Oura)	69	bpm	
6:47 AM	Weight (Withings)	227.5	lbs	
6:47 AM	Body Fat (Withings)	31.53	%	
6:49 AM	Weight (Withings)	227.39	lbs	
6:49 AM	Body Fat (Withings)	31.08	%	
6:51 AM	Weight (Withings)	225.74	lbs	
6:51 AM	Body Fat (Withings)	30.64	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

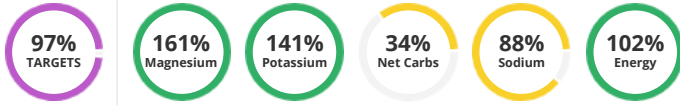


Macronutrient Targets



Nutrients for 2019 January 30, Wednesday

Nutrient Targets



General		
Energy	1968.3 kcal	102%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	106%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

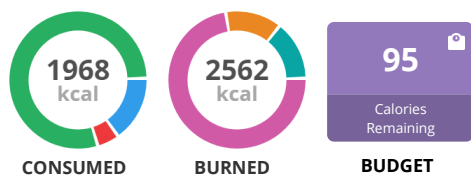


CALCIUM : MAGNESIUM

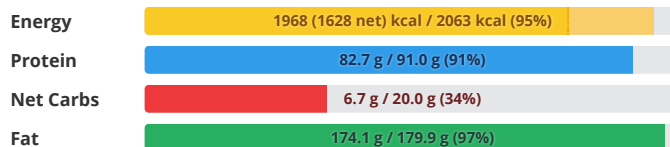
Diary for 2019 January 31, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	37	minutes	
	Sleep (Oura)	5.62	hours	
	Pulse (Oura)	76	bpm	
6:57 AM	Weight (Withings)	226.2	lbs	
6:57 AM	Body Fat (Withings)	30.01	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

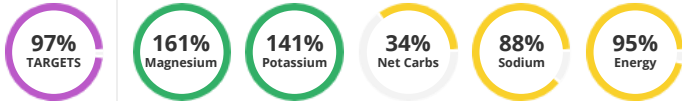


Macronutrient Targets



Nutrients for 2019 January 31, Thursday

Nutrient Targets



General		
Energy	1968.3 kcal	95%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	97%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

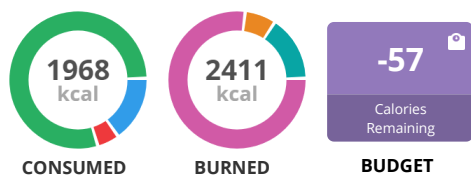


CALCIUM : MAGNESIUM

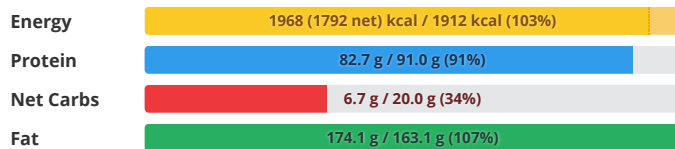
Diary for 2019 February 1, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	5.92	hours	
	Pulse (Oura)	72	bpm	
7:15 AM	Weight (Withings)	225.9	lbs	
7:15 AM	Body Fat (Withings)	30.41	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

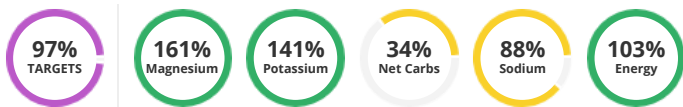


Macronutrient Targets



Nutrients for 2019 February 1, Friday

Nutrient Targets



General		
Energy	1968.3 kcal	103%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	107%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

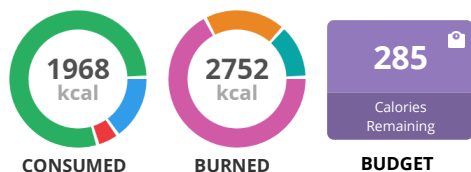


CALCIUM : MAGNESIUM

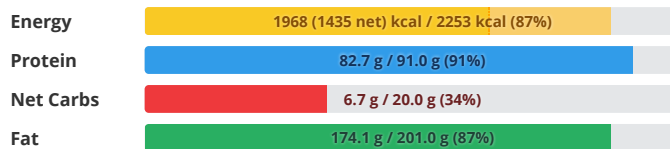
Diary for 2019 February 2, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	45	minutes	
	Sleep (Oura)	6.68	hours	
	Pulse (Oura)	70	bpm	
9:09 AM	Weight (Withings)	224.55	lbs	
9:09 AM	Body Fat (Withings)	29.3	%	
10:41 AM	running (Google Fit)	1	minutes	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	180	ml	4.93
	Avocado Oil (with ml)	0.6	× 100 ml	0
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

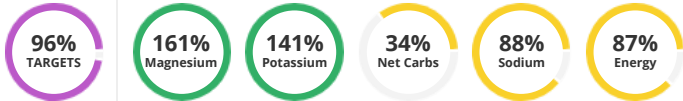


Macronutrient Targets



Nutrients for 2019 February 2, Saturday

Nutrient Targets



General		
Energy	1968.3 kcal	87%

Carbohydrates		
Carbs	27.2 g	136%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	6.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.7 g	34%

Lipids		
Fat	174.1 g	87%
Monounsaturated	55.4 g	No Target
Polyunsaturated	10.3 g	No Target
Omega-3	2.7 g	169%

Protein		
Protein	82.7 g	91%

Vitamins		
B1 (Thiamine)	1.8 mg	151%
B2 (Riboflavin)	2.5 mg	192%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	12.3 mg	246%
B6 (Pyridoxine)	2.4 mg	183%
B12 (Cobalamin)	7.0 µg	291%
Folate	540.2 µg	135%
Vitamin A	3093.0 IU	103%
Vitamin C	411.1 mg	457%
Vitamin D	3209.4 IU	535%
Vitamin E	36.2 mg	241%
Vitamin K	194.3 µg	162%

Minerals		
Calcium	2422.7 mg	242%
Copper	2.2 mg	243%
Iron	7.1 mg	177%
Magnesium	676.7 mg	161%
Manganese	2.7 mg	117%
Phosphorus	1274.4 mg	182%
Potassium	4798.0 mg	141%
Selenium	239.4 µg	435%
Sodium	2627.0 mg	88%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

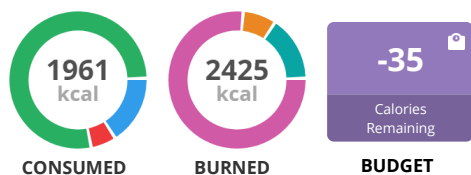


CALCIUM : MAGNESIUM

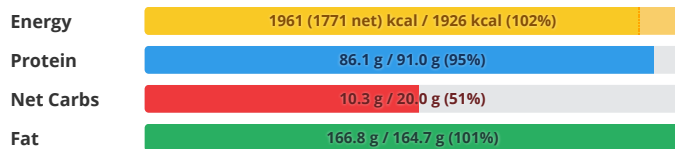
Diary for 2019 February 3, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	4	minutes	
	Sleep (Oura)	7.05	hours	
	Pulse (Oura)	82	bpm	
8:16 AM	Weight (Withings)	225.14	lbs	
8:16 AM	Body Fat (Withings)	29.46	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	White bread, store bought	0.5	g	0.23

Calories Summary

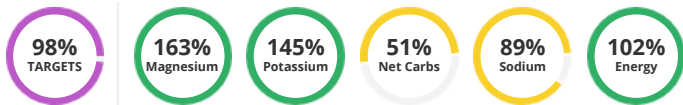


Macronutrient Targets



Nutrients for 2019 February 3, Sunday

Nutrient Targets



General		
Energy	1960.9 kcal	102%

Carbohydrates		
Carbs	30.7 g	153%
Fiber	20.4 g	No Target
Starch	0.2 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	51%

Lipids		
Fat	166.8 g	101%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.9 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2583.4 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.2 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.5 mg	192%
Potassium	4918.6 mg	145%
Selenium	243.1 µg	442%
Sodium	2669.5 mg	89%
Zinc	16.1 mg	147%

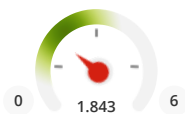
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



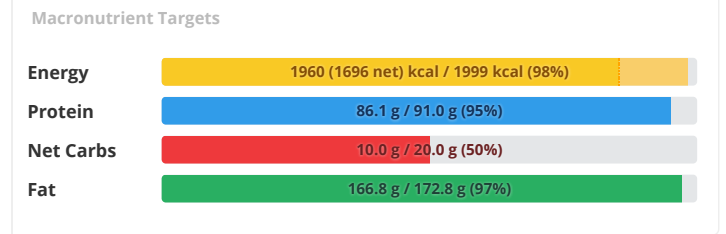
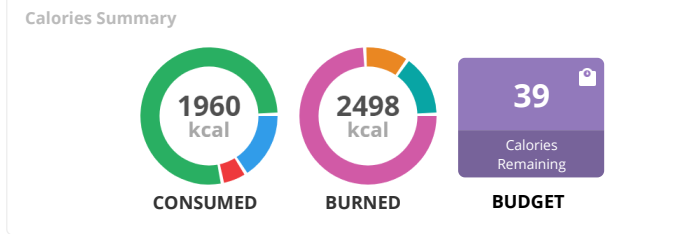
POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

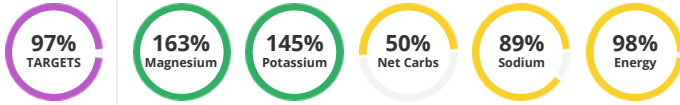
Diary for 2019 February 4, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	7	minutes	
	Sleep (Oura)	6.56	hours	
	Pulse (Oura)	69	bpm	
6:43 AM	Weight (Withings)	224.48	lbs	
6:43 AM	Body Fat (Withings)	31.32	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57



Nutrients for 2019 February 4, Monday

Nutrient Targets



General		
Energy	1959.6 kcal	98%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	96%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

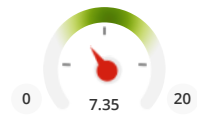
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

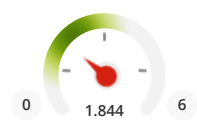
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

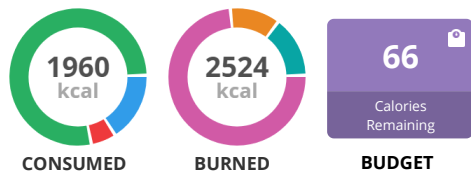


CALCIUM : MAGNESIUM

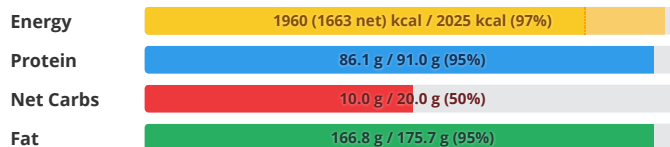
Diary for 2019 February 5, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	24	minutes	
	Sleep (Oura)	6.54	hours	
	Pulse (Oura)	73	bpm	
6:53 AM	Weight (Withings)	224.22	lbs	
6:53 AM	Body Fat (Withings)	30.64	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

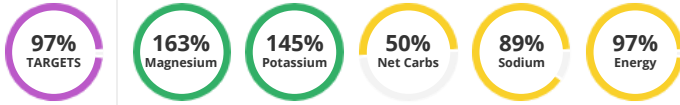


Macronutrient Targets



Nutrients for 2019 February 5, Tuesday

Nutrient Targets



General		
Energy	1959.6 kcal	97%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	95%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

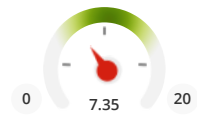
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

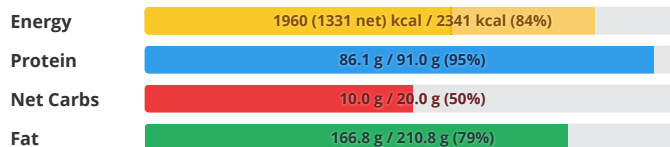
Diary for 2019 February 6, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	65	minutes	
	Sleep (Oura)	6.08	hours	
	Pulse (Oura)	73	bpm	
6:41 AM	Weight (Withings)	223.25	lbs	
6:41 AM	Body Fat (Withings)	30.11	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

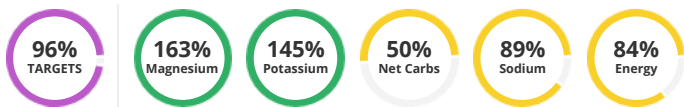


Macronutrient Targets



Nutrients for 2019 February 6, Wednesday

Nutrient Targets



General		
Energy	1959.6 kcal	84%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

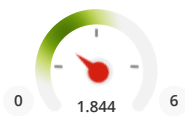
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

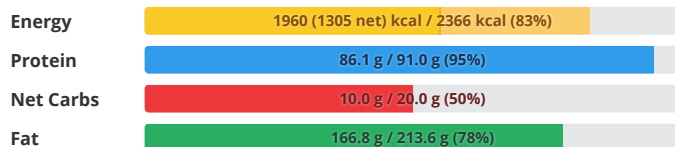
Diary for 2019 February 7, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	68	minutes	
	Sleep (Oura)	6.14	hours	
	Pulse (Oura)	80	bpm	
6:49 AM	Weight (Withings)	222.2	lbs	
6:49 AM	Body Fat (Withings)	29.16	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

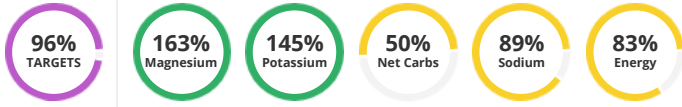


Macronutrient Targets



Nutrients for 2019 February 7, Thursday

Nutrient Targets



General		
Energy	1959.6 kcal	83%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	78%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

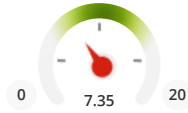
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

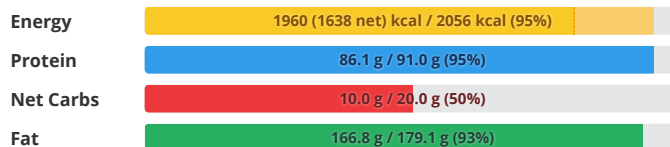
Diary for 2019 February 8, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	10	minutes	
	Sleep (Oura)	6.33	hours	
	Pulse (Oura)	71	bpm	
6:59 AM	Weight (Withings)	222.41	lbs	
6:59 AM	Body Fat (Withings)	29.01	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

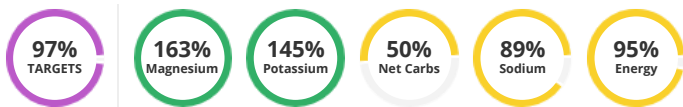


Macronutrient Targets



Nutrients for 2019 February 8, Friday

Nutrient Targets



General		
Energy	1959.6 kcal	95%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

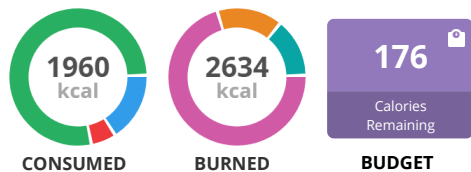


CALCIUM : MAGNESIUM

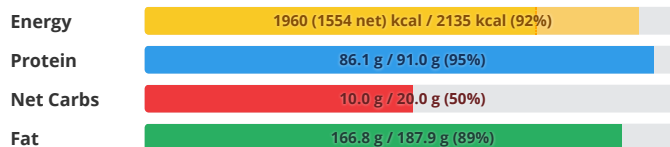
Diary for 2019 February 9, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	22	minutes	
	Sleep (Oura)	4.6	hours	
	Pulse (Oura)	75	bpm	
9:48 AM	Weight (Withings)	222.48	lbs	
9:48 AM	Body Fat (Withings)	27.23	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

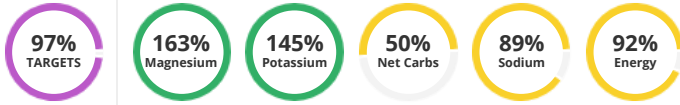


Macronutrient Targets



Nutrients for 2019 February 9, Saturday

Nutrient Targets



General		
Energy	1959.6 kcal	92%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	89%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

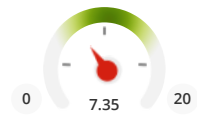
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

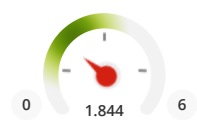
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 10, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	6.59	hours	
	Pulse (Oura)	92	bpm	
7:37 AM	Weight (Withings)	223.43	lbs	
7:37 AM	Body Fat (Withings)	28.21	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	White bread, store bought	0.5	g	0.23

Calories Summary

1961
kcal

CONSUMED

2478
kcal

BURNED

18

Calories Remaining

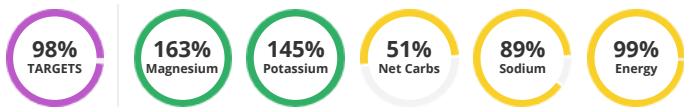
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #FFD700; height: 10px; width: 99%;"></div> 1961 (1718 net) kcal / 1979 kcal (99%)
Protein	<div style="background-color: #0070C0; height: 10px; width: 95%;"></div> 86.1 g / 91.0 g (95%)
Net Carbs	<div style="background-color: #FF0000; height: 10px; width: 51%;"></div> 10.3 g / 20.0 g (51%)
Fat	<div style="background-color: #008000; height: 10px; width: 98%;"></div> 166.8 g / 170.6 g (98%)

Nutrients for 2019 February 10, Sunday

Nutrient Targets



General		
Energy	1960.9 kcal	99%

Carbohydrates		
Carbs	30.7 g	153%
Fiber	20.4 g	No Target
Starch	0.2 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	51%

Lipids		
Fat	166.8 g	98%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.9 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2583.4 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.2 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.5 mg	192%
Potassium	4918.6 mg	145%
Selenium	243.1 µg	442%
Sodium	2669.5 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



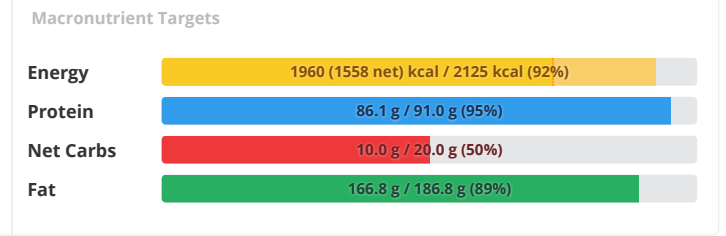
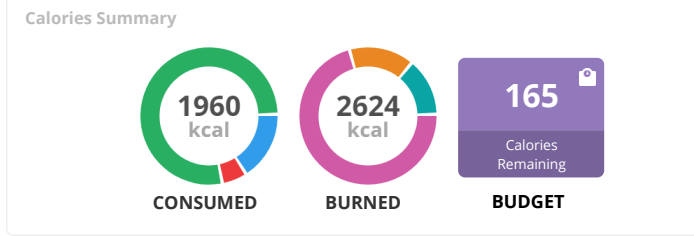
POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

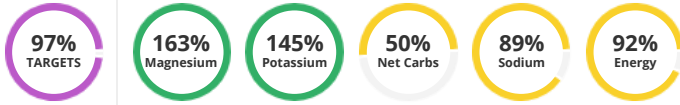
Diary for 2019 February 11, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	38	minutes	
	Sleep (Oura)	6.74	hours	
	Pulse (Oura)	76	bpm	
6:45 AM	Weight (Withings)	224.11	lbs	
6:45 AM	Body Fat (Withings)	28.65	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57



Nutrients for 2019 February 11, Monday

Nutrient Targets



General		
Energy	1959.6 kcal	92%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	89%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

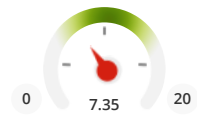
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 12, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	9	minutes	
6:53 AM	Weight (Withings)	221.7	lbs	
6:53 AM	Body Fat (Withings)	28.1	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

1960
kcal

CONSUMED

2497
kcal

BURNED

39

Calories Remaining

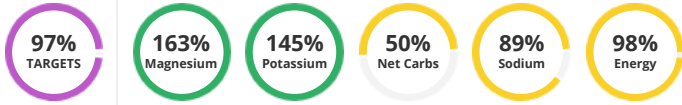
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 98%;"></div> 1960 (1696 net) kcal / 1998 kcal (98%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 95%;"></div> 86.1 g / 91.0 g (95%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 50%;"></div> 10.0 g / 20.0 g (50%)
Fat	<div style="background-color: #28a745; height: 10px; width: 97%;"></div> 166.8 g / 172.7 g (97%)

Nutrients for 2019 February 12, Tuesday

Nutrient Targets



General		
Energy	1959.6 kcal	98%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

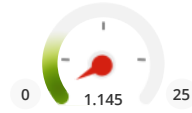
Lipids		
Fat	166.8 g	96%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 13, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	6	minutes	
	Sleep (Oura)	5.57	hours	
	Pulse (Oura)	66	bpm	
6:44 AM	Weight (Withings)	221.28	lbs	
6:44 AM	Body Fat (Withings)	28.72	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

1960
kcal

CONSUMED

2493
kcal

BURNED

35

Calories Remaining

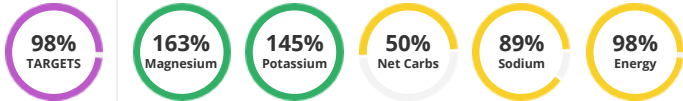
BUDGET

Macronutrient Targets

Energy	1960 (1701 net) kcal / 1994 kcal (98%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	10.0 g / 20.0 g (50%)
Fat	166.8 g / 172.2 g (97%)

Nutrients for 2019 February 13, Wednesday

Nutrient Targets



General		
Energy	1959.6 kcal	98%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	97%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

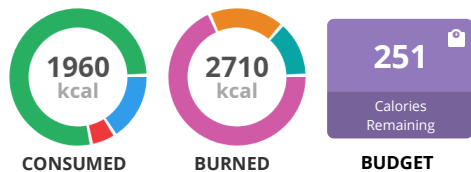


CALCIUM : MAGNESIUM

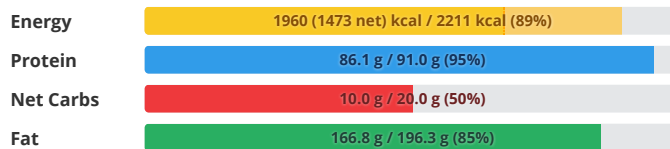
Diary for 2019 February 14, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	36	minutes	
	Sleep (Oura)	5.68	hours	
	Pulse (Oura)	72	bpm	
6:51 AM	Weight (Withings)	221.05	lbs	
6:51 AM	Body Fat (Withings)	28.27	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	MCT Oil	3	tbsp	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Root Beer Float	1	scoop	0.7
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

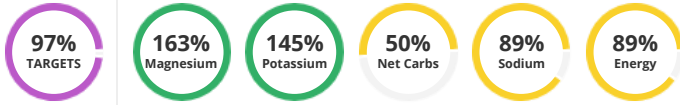


Macronutrient Targets



Nutrients for 2019 February 14, Thursday

Nutrient Targets



General		
Energy	1959.6 kcal	89%

Carbohydrates		
Carbs	30.5 g	152%
Fiber	20.4 g	No Target
Starch	0.0 g	No Target
Sugars	10.4 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

Lipids		
Fat	166.8 g	85%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

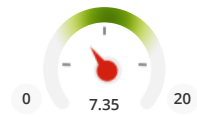
Vitamins		
B1 (Thiamine)	1.8 mg	153%
B2 (Riboflavin)	2.7 mg	210%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	12.9 mg	258%
B6 (Pyridoxine)	2.4 mg	186%
B12 (Cobalamin)	7.2 µg	299%
Folate	545.0 µg	136%
Vitamin A	4693.0 IU	156%
Vitamin C	411.8 mg	458%
Vitamin D	3285.0 IU	548%
Vitamin E	30.4 mg	202%
Vitamin K	147.6 µg	123%

Minerals		
Calcium	2582.7 mg	258%
Copper	2.2 mg	244%
Iron	7.2 mg	180%
Magnesium	685.1 mg	163%
Manganese	2.7 mg	117%
Phosphorus	1344.0 mg	192%
Potassium	4918.0 mg	145%
Selenium	243.0 µg	442%
Sodium	2667.0 mg	89%
Zinc	16.1 mg	147%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 15, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	9	minutes	
	Sleep (Oura)	5.08	hours	
	Pulse (Oura)	69	bpm	
7:12 AM	Weight (Withings)	220.63	lbs	
7:12 AM	Body Fat (Withings)	29.01	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2480
kcal

BURNED

375

Calories Remaining

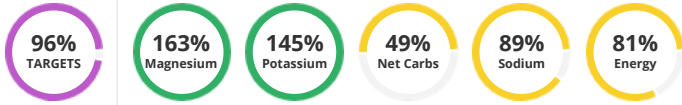
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 81%;"></div> 1606 (1359 net) kcal / 1981 kcal (81%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 95%;"></div> 86.1 g / 91.0 g (95%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 49%;"></div> 9.8 g / 20.0 g (49%)
Fat	<div style="background-color: #28a745; height: 10px; width: 73%;"></div> 124.8 g / 170.8 g (73%)

Nutrients for 2019 February 15, Friday

Nutrient Targets



General		
Energy	1606.0 kcal	81%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

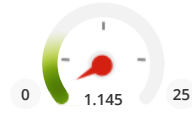
Lipids		
Fat	124.8 g	73%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 16, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	51	minutes	
	Sleep (Oura)	6.77	hours	
	Pulse (Oura)	69	bpm	
9:07 AM	Weight (Withings)	220.76	lbs	
9:07 AM	Body Fat (Withings)	28.72	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2875
kcal

BURNED

770

Calories Remaining

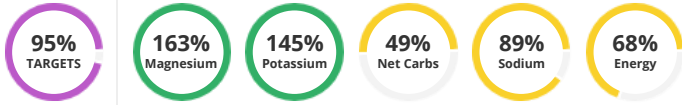
BUDGET

Macronutrient Targets

Energy	1606 (948.0 net) kcal / 2376 kcal (68%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 214.7 g (58%)

Nutrients for 2019 February 16, Saturday

Nutrient Targets



General		
Energy	1606.0 kcal	68%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

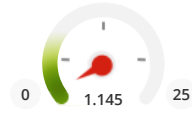
Lipids		
Fat	124.8 g	58%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

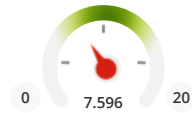
Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

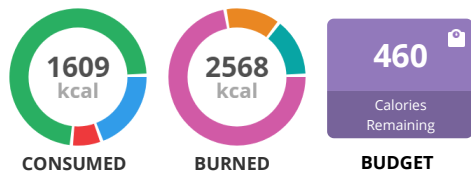


CALCIUM : MAGNESIUM

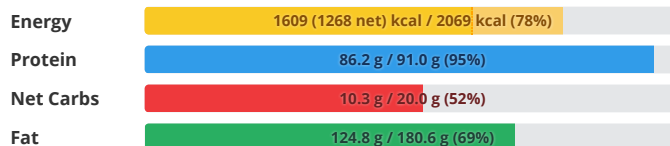
Diary for 2019 February 17, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	25	minutes	
	Sleep (Oura)	6.73	hours	
	Pulse (Oura)	70	bpm	
8:15 AM	Weight (Withings)	220.05	lbs	
8:15 AM	Body Fat (Withings)	29.25	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	White bread, store bought	1	g	0.47

Calories Summary

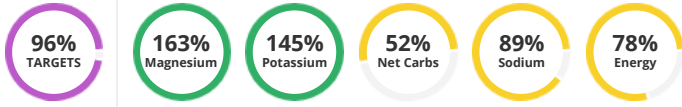


Macronutrient Targets



Nutrients for 2019 February 17, Sunday

Nutrient Targets



General		
Energy	1608.7 kcal	78%

Carbohydrates		
Carbs	30.6 g	153%
Fiber	20.3 g	No Target
Starch	0.4 g	No Target
Sugars	9.9 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

Lipids		
Fat	124.8 g	69%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.2 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	187%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	458.0 µg	115%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2617.4 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	181%
Magnesium	684.6 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1225.0 mg	175%
Potassium	4923.3 mg	145%
Selenium	227.2 µg	413%
Sodium	2681.9 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 18, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	11	minutes	
	Sleep (Oura)	5.96	hours	
	Pulse (Oura)	66	bpm	
8:15 AM	Weight (Withings)	219.61	lbs	
8:15 AM	Body Fat (Withings)	29.58	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2473
kcal

BURNED

368

Calories Remaining

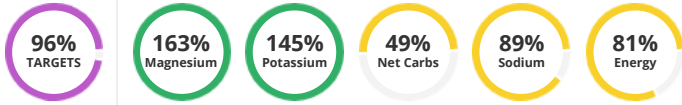
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; width: 81%;"></div> 1606 (1365 net) kcal / 1974 kcal (81%)
Protein	<div style="background-color: #17a2b8; width: 95%;"></div> 86.1 g / 91.0 g (95%)
Net Carbs	<div style="background-color: #dc3545; width: 49%;"></div> 9.8 g / 20.0 g (49%)
Fat	<div style="background-color: #28a745; width: 73%;"></div> 124.8 g / 170.0 g (73%)

Nutrients for 2019 February 18, Monday

Nutrient Targets



General		
Energy	1606.0 kcal	81%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

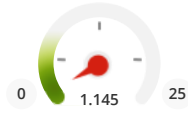
Lipids		
Fat	124.8 g	73%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 19, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	27	minutes	
	Sleep (Oura)	6	hours	
	Pulse (Oura)	74	bpm	
6:56 AM	Weight (Withings)	218.63	lbs	
6:56 AM	Body Fat (Withings)	29.45	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2533
kcal

BURNED

428

Calories Remaining

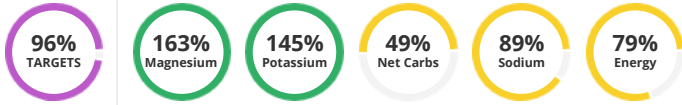
BUDGET

Macronutrient Targets

Energy	1606 (1299 net) kcal / 2034 kcal (79%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 176.7 g (71%)

Nutrients for 2019 February 19, Tuesday

Nutrient Targets



General		
Energy	1606.0 kcal	79%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	71%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

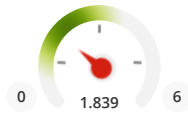
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

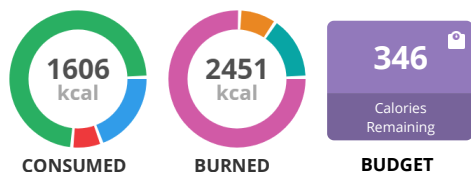


CALCIUM : MAGNESIUM

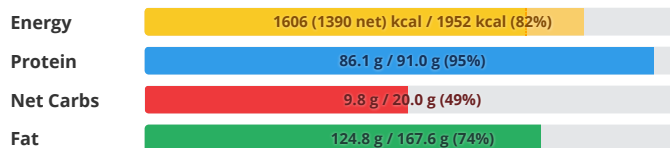
Diary for 2019 February 20, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	6.52	hours	
	Pulse (Oura)	68	bpm	
6:46 AM	Weight (Withings)	218.14	lbs	
6:46 AM	Body Fat (Withings)	29.44	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

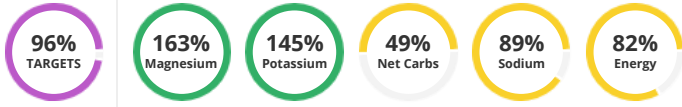


Macronutrient Targets



Nutrients for 2019 February 20, Wednesday

Nutrient Targets



General		
Energy	1606.0 kcal	82%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	74%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 21, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	6.13	hours	
	Pulse (Oura)	71	bpm	
7:02 AM	Weight (Withings)	217.9	lbs	
7:02 AM	Body Fat (Withings)	28.22	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2451
kcal

BURNED

346

Calories Remaining

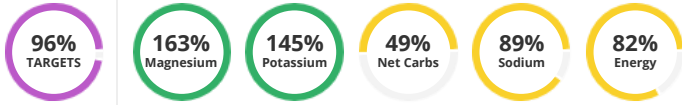
BUDGET

Macronutrient Targets

Energy	1606 (1384 net) kcal / 1952 kcal (82%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 167.6 g (74%)

Nutrients for 2019 February 21, Thursday

Nutrient Targets



General		
Energy	1606.0 kcal	82%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

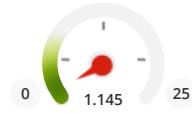
Lipids		
Fat	124.8 g	74%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

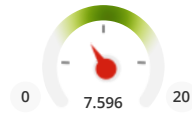
Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 22, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	7	minutes	
	Sleep (Oura)	7.28	hours	
	Pulse (Oura)	72	bpm	
7:18 AM	Weight (Withings)	217.56	lbs	
7:18 AM	Body Fat (Withings)	28.83	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2410
kcal

BURNED

305

Calories Remaining

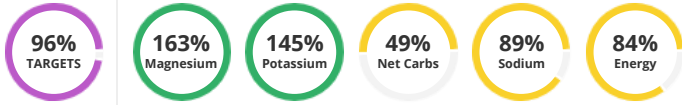
BUDGET

Macronutrient Targets

Energy	1606 (1430 net) kcal / 1911 kcal (84%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 163.0 g (77%)

Nutrients for 2019 February 22, Friday

Nutrient Targets



General		
Energy	1606.0 kcal	84%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

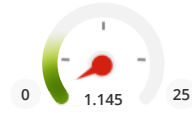
Lipids		
Fat	124.8 g	77%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 23, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	46	minutes	
	Sleep (Oura)	7.66	hours	
	Pulse (Oura)	68	bpm	
10:03 AM	Weight (Withings)	216.18	lbs	
10:03 AM	Body Fat (Withings)	28.96	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2870
kcal

BURNED

765

Calories Remaining

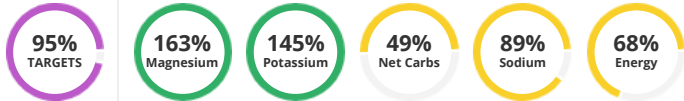
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 68%;"></div> 1606 (955.0 net) kcal / 2371 kcal (68%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 95%;"></div> 86.1 g / 91.0 g (95%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 49%;"></div> 9.8 g / 20.0 g (49%)
Fat	<div style="background-color: #28a745; height: 10px; width: 58%;"></div> 124.8 g / 214.1 g (58%)

Nutrients for 2019 February 23, Saturday

Nutrient Targets



General		
Energy	1606.0 kcal	68%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	58%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

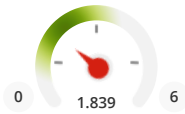
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



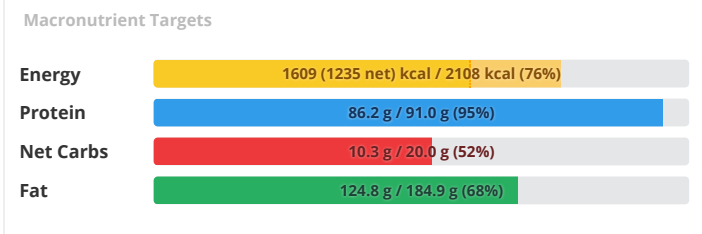
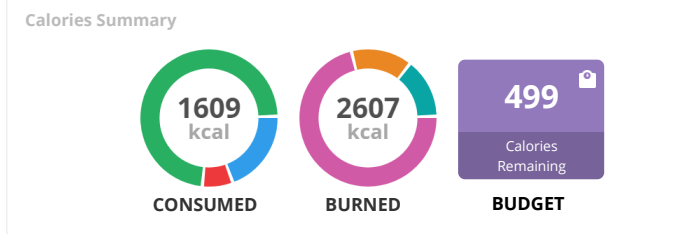
POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

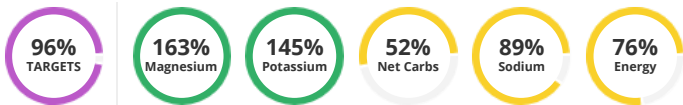
Diary for 2019 February 24, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	10	minutes	
	Sleep (Oura)	5.73	hours	
	Pulse (Oura)	78	bpm	
7:52 AM	Weight (Withings)	217.66	lbs	
7:52 AM	Body Fat (Withings)	29.56	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	White bread, store bought	1	g	0.47



Nutrients for 2019 February 24, Sunday

Nutrient Targets



General		
Energy	1608.7 kcal	76%

Carbohydrates		
Carbs	30.6 g	153%
Fiber	20.3 g	No Target
Starch	0.4 g	No Target
Sugars	9.9 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.3 g	52%

Lipids		
Fat	124.8 g	67%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.2 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	187%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	12.0 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	458.0 µg	115%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2617.4 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	181%
Magnesium	684.6 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1225.0 mg	175%
Potassium	4923.3 mg	145%
Selenium	227.2 µg	413%
Sodium	2681.9 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 25, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	10	minutes	
	Sleep (Oura)	6.58	hours	
	Pulse (Oura)	69	bpm	
6:58 AM	Weight (Withings)	218.19	lbs	
6:58 AM	Body Fat (Withings)	27.85	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2475
kcal

BURNED

370

Calories Remaining

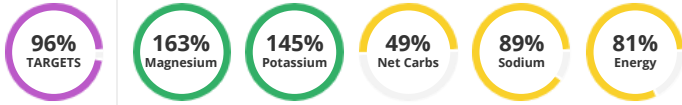
BUDGET

Macronutrient Targets

Energy	1606 (1364 net) kcal / 1976 kcal (81%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 170.2 g (73%)

Nutrients for 2019 February 25, Monday

Nutrient Targets



General		
Energy	1606.0 kcal	81%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

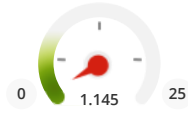
Lipids		
Fat	124.8 g	73%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

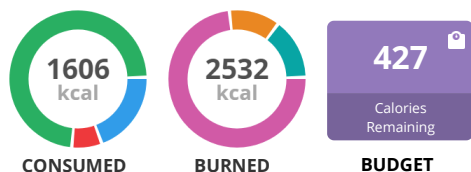


CALCIUM : MAGNESIUM

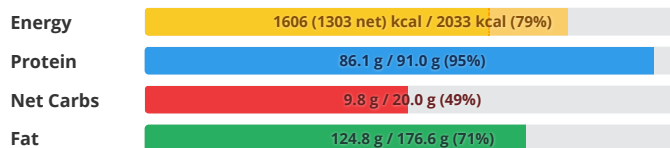
Diary for 2019 February 26, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	6.83	hours	
	Pulse (Oura)	69	bpm	
7:59 AM	Weight (Withings)	215.9	lbs	
7:59 AM	Body Fat (Withings)	27.44	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

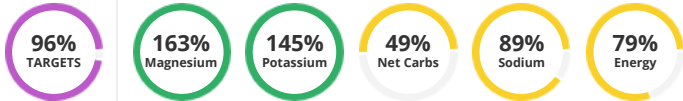


Macronutrient Targets



Nutrients for 2019 February 26, Tuesday

Nutrient Targets



General		
Energy	1606.0 kcal	79%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	71%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

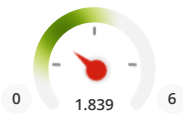
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 27, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	15	minutes	
	Sleep (Oura)	6.74	hours	
	Pulse (Oura)	68	bpm	
6:57 AM	Weight (Withings)	215.55	lbs	
6:57 AM	Body Fat (Withings)	27.22	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2486
kcal

BURNED

381

Calories Remaining

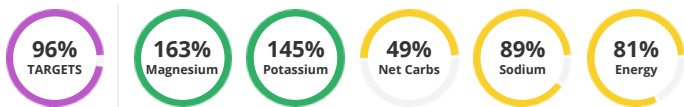
BUDGET

Macronutrient Targets

Energy	1606 (1351 net) kcal / 1987 kcal (81%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 171.4 g (73%)

Nutrients for 2019 February 27, Wednesday

Nutrient Targets



General		
Energy	1606.0 kcal	81%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	73%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 February 28, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	11	minutes	
	Sleep (Oura)	6.67	hours	
	Pulse (Oura)	82	bpm	
7:54 AM	Weight (Withings)	215.03	lbs	
7:54 AM	Body Fat (Withings)	27.52	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

1606
kcal

CONSUMED

2475
kcal

BURNED

370

Calories Remaining

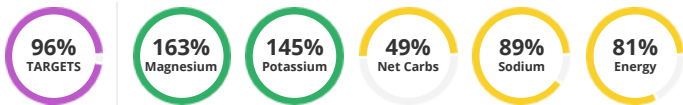
BUDGET

Macronutrient Targets

Energy	1606 (1363 net) kcal / 1976 kcal (81%)
Protein	86.1 g / 91.0 g (95%)
Net Carbs	9.8 g / 20.0 g (49%)
Fat	124.8 g / 170.2 g (73%)

Nutrients for 2019 February 28, Thursday

Nutrient Targets



General		
Energy	1606.0 kcal	81%

Carbohydrates		
Carbs	30.1 g	150%
Fiber	20.2 g	No Target
Starch	0.0 g	No Target
Sugars	9.8 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	9.8 g	49%

Lipids		
Fat	124.8 g	73%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	456.3 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2821.0 IU	470%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2616.0 mg	262%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4922.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

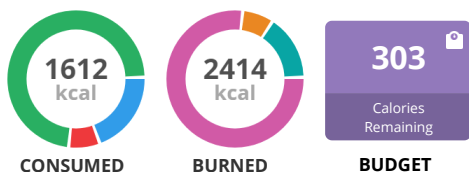


CALCIUM : MAGNESIUM

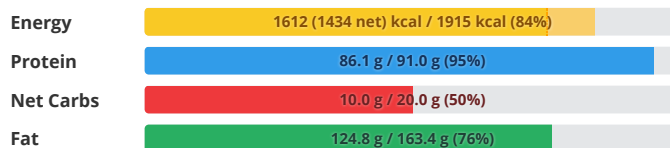
Diary for 2019 March 1, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	2	minutes	
	Sleep (Oura)	6.41	hours	
	Pulse (Oura)	71	bpm	
8:11 AM	Weight (Withings)	214.67	lbs	
8:11 AM	Body Fat (Withings)	27.61	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

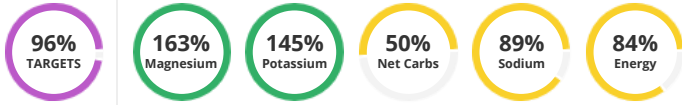


Macronutrient Targets



Nutrients for 2019 March 1, Friday

Nutrient Targets



General		
Energy	1612.0 kcal	84%

Carbohydrates		
Carbs	31.4 g	157%
Fiber	21.4 g	No Target
Starch	0.0 g	No Target
Sugars	9.3 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	10.0 g	50%

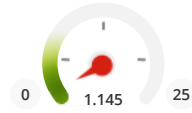
Lipids		
Fat	124.8 g	77%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	86.1 g	95%

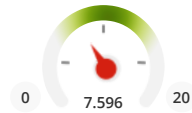
Vitamins		
B1 (Thiamine)	1.7 mg	138%
B2 (Riboflavin)	2.4 mg	186%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	11.9 mg	239%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.7 µg	280%
Folate	455.7 µg	114%
Vitamin A	4633.0 IU	154%
Vitamin C	378.5 mg	421%
Vitamin D	2589.0 IU	432%
Vitamin E	28.0 mg	186%
Vitamin K	135.6 µg	113%

Minerals		
Calcium	2612.0 mg	261%
Copper	2.1 mg	232%
Iron	7.2 mg	180%
Magnesium	684.4 mg	163%
Manganese	2.5 mg	109%
Phosphorus	1224.0 mg	175%
Potassium	4921.0 mg	145%
Selenium	227.0 µg	413%
Sodium	2677.0 mg	89%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

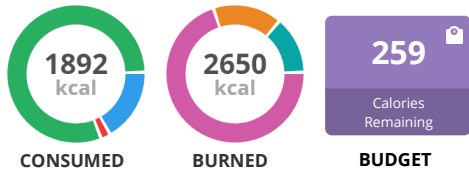


CALCIUM : MAGNESIUM

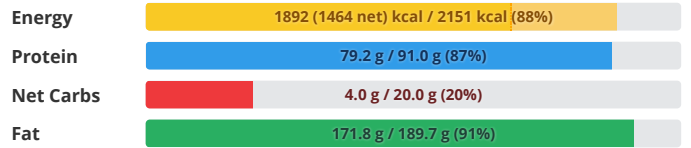
Diary for 2019 March 2, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	Daily Activity (Oura)	38	minutes	
	Sleep (Oura)	6.53	hours	
	Pulse (Oura)	70	bpm	
9:19 AM	Weight (Withings)	214.3	lbs	
9:19 AM	Body Fat (Withings)	27.83	%	
	Keto Chow 2.1 Chocolate	2	Serving	3.26
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0

Calories Summary

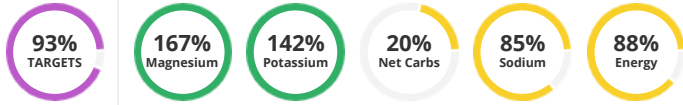


Macronutrient Targets



Nutrients for 2019 March 2, Saturday

Nutrient Targets



General		
Energy	1892.2 kcal	88%

Carbohydrates		
Carbs	25.0 g	125%
Fiber	21.1 g	No Target
Starch	0.0 g	No Target
Sugars	0.0 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	4.0 g	20%

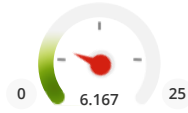
Lipids		
Fat	171.8 g	90%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	79.2 g	87%

Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	169%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	11.4 mg	228%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	6.7 µg	279%
Folate	535.0 µg	134%
Vitamin A	693.0 IU	23%
Vitamin C	410.0 mg	456%
Vitamin D	2400.0 IU	400%
Vitamin E	48.4 mg	323%
Vitamin K	290.2 µg	242%

Minerals		
Calcium	2192.7 mg	219%
Copper	2.5 mg	273%
Iron	8.8 mg	220%
Magnesium	702.2 mg	167%
Manganese	3.0 mg	129%
Phosphorus	1228.0 mg	175%
Potassium	4829.0 mg	142%
Selenium	235.3 µg	428%
Sodium	2563.0 mg	85%
Zinc	15.9 mg	145%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 3, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	5.55	hours	
	Pulse (Oura)	74	bpm	
8:26 AM	Weight (Withings)	214.05	lbs	
8:26 AM	Body Fat (Withings)	28.62	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	White bread, store bought	0.5	g	0.23
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1876
kcal

CONSUMED

2393
kcal

BURNED

18

Calories Remaining

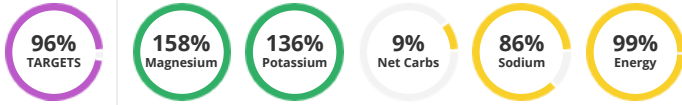
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; width: 99%; height: 10px; margin-bottom: 2px;"></div> 1876 (1718 net) kcal / 1894 kcal (99%)
Protein	<div style="background-color: #17a2b8; width: 85%; height: 10px; margin-bottom: 2px;"></div> 77.6 g / 91.0 g (85%)
Net Carbs	<div style="background-color: #dc3545; width: 9%; height: 10px; margin-bottom: 2px;"></div> 1.9 g / 20.0 g (9%)
Fat	<div style="background-color: #28a745; width: 106%; height: 10px; margin-bottom: 2px;"></div> 170.7 g / 161.1 g (106%)

Nutrients for 2019 March 3, Sunday

Nutrient Targets



General		
Energy	1875.6 kcal	99%

Carbohydrates		
Carbs	23.4 g	117%
Fiber	21.5 g	No Target
Starch	0.2 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.9 g	9%

Lipids		
Fat	170.7 g	106%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	445.2 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2213.4 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.5 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.5 mg	150%
Potassium	4627.6 mg	136%
Selenium	218.1 µg	397%
Sodium	2587.5 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

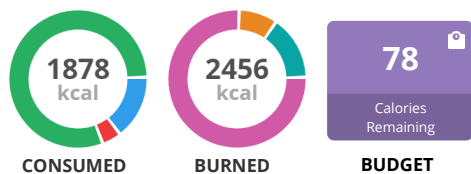


CALCIUM : MAGNESIUM

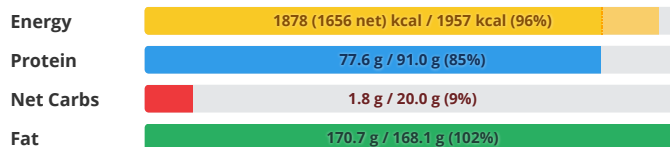
Diary for 2019 March 4, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	8	minutes	
	Sleep (Oura)	6.94	hours	
	Pulse (Oura)	69	bpm	
7:38 AM	Weight (Withings)	213.56	lbs	
7:38 AM	Body Fat (Withings)	28.54	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

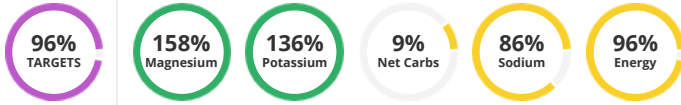


Macronutrient Targets



Nutrients for 2019 March 4, Monday

Nutrient Targets



General		
Energy	1878.2 kcal	96%

Carbohydrates		
Carbs	23.3 g	116%
Fiber	21.4 g	No Target
Starch	0.0 g	No Target
Sugars	0.5 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.8 g	9%

Lipids		
Fat	170.7 g	102%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.7 mg	140%
B2 (Riboflavin)	2.0 mg	155%
B3 (Niacin)	22.2 mg	138%
B5 (Pantothenic Acid)	10.9 mg	219%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.5 µg	269%
Folate	488.0 µg	122%
Vitamin A	25663.0 IU	855%
Vitamin C	393.3 mg	437%
Vitamin D	2632.0 IU	439%
Vitamin E	47.2 mg	315%
Vitamin K	283.6 µg	236%

Minerals		
Calcium	2195.7 mg	220%
Copper	2.1 mg	234%
Iron	6.9 mg	173%
Magnesium	663.7 mg	158%
Manganese	2.6 mg	112%
Phosphorus	1110.0 mg	159%
Potassium	4622.0 mg	136%
Selenium	226.0 µg	411%
Sodium	2576.0 mg	86%
Zinc	15.3 mg	139%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 5, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	33	minutes	
	Sleep (Oura)	6.74	hours	
	Pulse (Oura)	66	bpm	
7:53 AM	Weight (Withings)	213	lbs	
7:53 AM	Body Fat (Withings)	27.9	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1874
kcal

CONSUMED

2688
kcal

BURNED

315

Calories Remaining

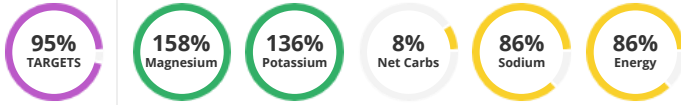
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 86%;"></div> 1874 (1410 net) kcal / 2189 kcal (86%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 85%;"></div> 77.6 g / 91.0 g (85%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 8%;"></div> 1.7 g / 20.0 g (8%)
Fat	<div style="background-color: #28a745; height: 10px; width: 88%;"></div> 170.7 g / 193.9 g (88%)

Nutrients for 2019 March 5, Tuesday

Nutrient Targets



General		
Energy	1874.2 kcal	86%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	88%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

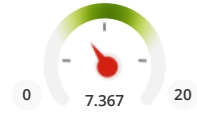
Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

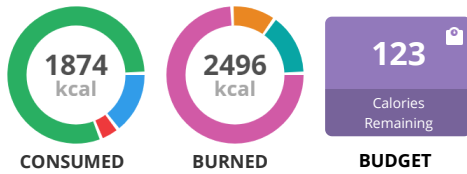


CALCIUM : MAGNESIUM

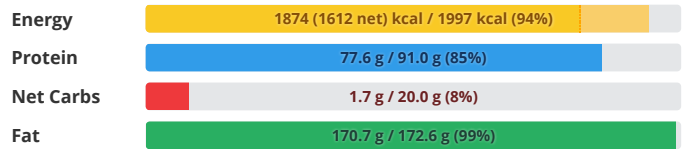
Diary for 2019 March 6, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	7	minutes	
	Sleep (Oura)	4.28	hours	
	Pulse (Oura)	75	bpm	
7:59 AM	Weight (Withings)	212.88	lbs	
7:59 AM	Body Fat (Withings)	26.47	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

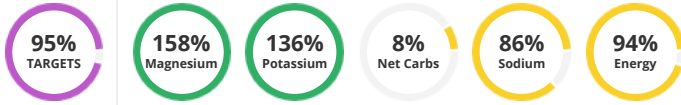


Macronutrient Targets



Nutrients for 2019 March 6, Wednesday

Nutrient Targets



General

Energy	1874.2 kcal	94%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	170.7 g	99%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

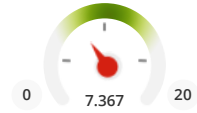
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

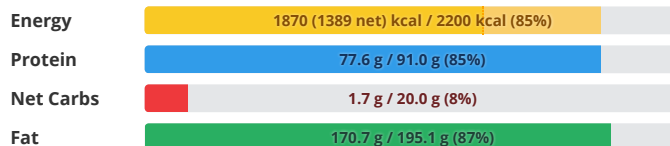
Diary for 2019 March 7, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	47	minutes	
	Sleep (Oura)	6.88	hours	
	Pulse (Oura)	71	bpm	
8:01 AM	Weight (Withings)	212.95	lbs	
8:01 AM	Body Fat (Withings)	26.67	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow, 2.1, Salted Caramel	1	Scoop, dry mix	0.6
	Keto Chow, 2.1, Banana	1	Scoop, dry mix	0.53
	Now, Vitamin A, 25000IU	1	Softgel	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56

Calories Summary

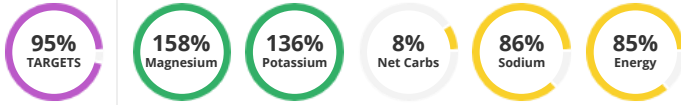


Macronutrient Targets



Nutrients for 2019 March 7, Thursday

Nutrient Targets



General		
Energy	1870.2 kcal	85%

Carbohydrates		
Carbs	20.7 g	103%
Fiber	19.0 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	88%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

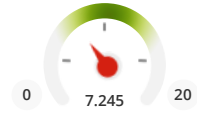
Vitamins		
B1 (Thiamine)	1.7 mg	140%
B2 (Riboflavin)	2.0 mg	155%
B3 (Niacin)	22.2 mg	138%
B5 (Pantothenic Acid)	10.9 mg	219%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.5 µg	269%
Folate	488.7 µg	122%
Vitamin A	25663.0 IU	855%
Vitamin C	393.3 mg	437%
Vitamin D	2864.0 IU	477%
Vitamin E	47.2 mg	315%
Vitamin K	283.6 µg	236%

Minerals		
Calcium	2203.0 mg	220%
Copper	2.1 mg	234%
Iron	6.9 mg	173%
Magnesium	663.7 mg	158%
Manganese	2.6 mg	112%
Phosphorus	1110.0 mg	159%
Potassium	4618.0 mg	136%
Selenium	226.0 µg	411%
Sodium	2567.0 mg	86%
Zinc	15.3 mg	139%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

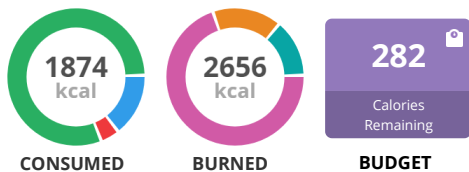


CALCIUM : MAGNESIUM

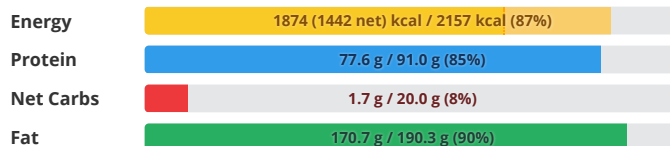
Diary for 2019 March 8, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	34	minutes	
	Sleep (Oura)	4.83	hours	
	Pulse (Oura)	77	bpm	
6:28 AM	Weight (Withings)	214.28	lbs	
6:28 AM	Body Fat (Withings)	26.71	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

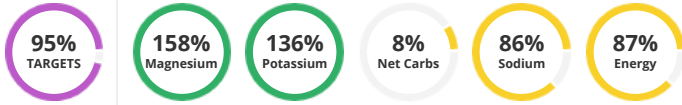


Macronutrient Targets



Nutrients for 2019 March 8, Friday

Nutrient Targets



General

Energy	1874.2 kcal	87%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	170.7 g	90%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

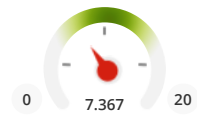
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

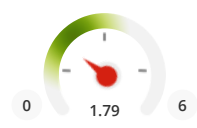
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



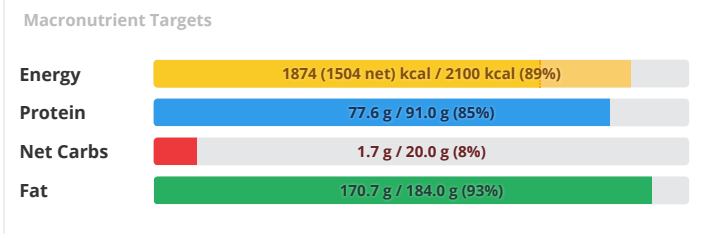
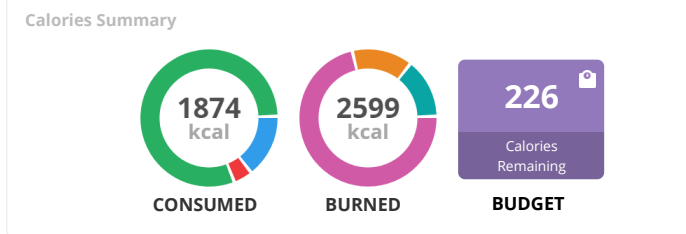
POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

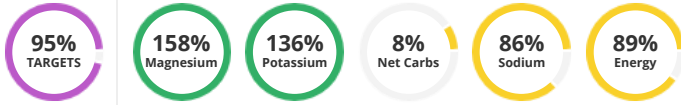
Diary for 2019 March 9, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	20	minutes	
	Sleep (Oura)	5.56	hours	
	Pulse (Oura)	71	bpm	
6:51 AM	Weight (Withings)	214.14	lbs	
6:51 AM	Body Fat (Withings)	25.25	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0



Nutrients for 2019 March 9, Saturday

Nutrient Targets



General		
Energy	1874.2 kcal	89%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	93%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

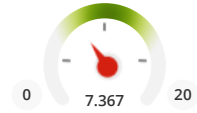
Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

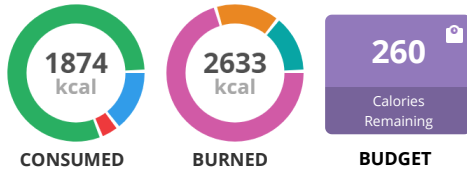


CALCIUM : MAGNESIUM

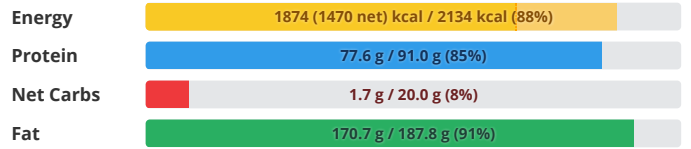
Diary for 2019 March 10, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	19	minutes	
	Sleep (Oura)	4.14	hours	
	Pulse (Oura)	76	bpm	
5:21 AM	Weight (Withings)	213.61	lbs	
5:21 AM	Body Fat (Withings)	21.75	%	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

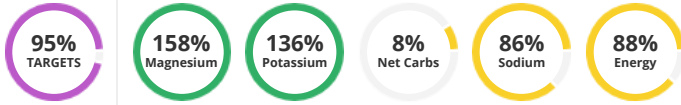


Macronutrient Targets



Nutrients for 2019 March 10, Sunday

Nutrient Targets



General		
Energy	1874.2 kcal	88%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	91%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 11, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	12	minutes	
	Sleep (Oura)	8.71	hours	
	Pulse (Oura)	74	bpm	
8:07 AM	Body Fat (Withings)	24.53	%	
8:07 AM	Weight (Withings)	213.45	lbs	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1874
kcal

CONSUMED

2494
kcal

BURNED

121

Calories
Remaining

BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 94%;"></div> 1874 (1612 net) kcal / 1995 kcal (94%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 85%;"></div> 77.6 g / 91.0 g (85%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 8%;"></div> 1.7 g / 20.0 g (8%)
Fat	<div style="background-color: #28a745; height: 10px; width: 99%;"></div> 170.7 g / 172.3 g (99%)

Nutrients for 2019 March 11, Monday

Nutrient Targets

96%
TARGETS

158%
Magnesium

136%
Potassium

8%
Net Carbs

86%
Sodium

94%
Energy

General		
Energy	1874.2 kcal	94%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	99%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances

0 6.167 25

OMEGA-6 : OMEGA-3

0 7.367 20

ZINC : COPPER

0 1.79 6

POTASSIUM : SODIUM

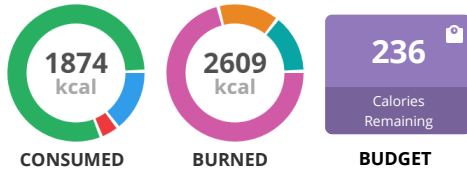
0 3.335 6

CALCIUM : MAGNESIUM

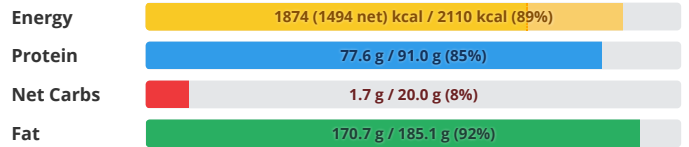
Diary for 2019 March 12, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	19	minutes	
	Sleep (Oura)	5.58	hours	
	Pulse (Oura)	68	bpm	
7:13 AM	Body Fat (Withings)	23.04	%	
7:13 AM	Weight (Withings)	213.09	lbs	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary



Macronutrient Targets



Nutrients for 2019 March 12, Tuesday

Nutrient Targets

95%
TARGETS

158%
Magnesium

136%
Potassium

8%
Net Carbs

86%
Sodium

89%
Energy

General		
Energy	1874.2 kcal	89%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	92%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances

0 6.167 25

OMEGA-6 : OMEGA-3

0 7.367 20

ZINC : COPPER

0 1.79 6

POTASSIUM : SODIUM

0 3.335 6

CALCIUM : MAGNESIUM

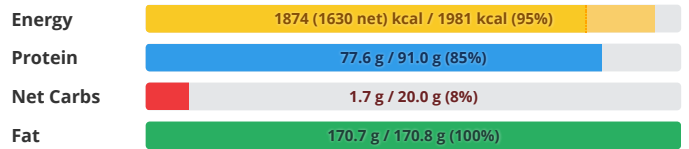
Diary for 2019 March 13, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	3	minutes	
	Sleep (Oura)	6.01	hours	
	Pulse (Oura)	70	bpm	
7:08 AM	Body Fat (Withings)	24.55	%	
7:08 AM	Weight (Withings)	210.32	lbs	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

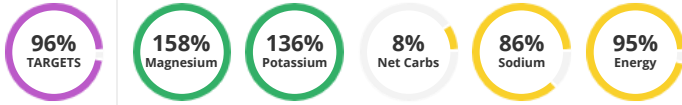


Macronutrient Targets



Nutrients for 2019 March 13, Wednesday

Nutrient Targets



General		
Energy	1874.2 kcal	95%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	170.7 g	100%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein		
Protein	77.6 g	85%

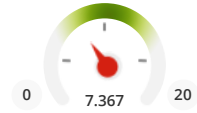
Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

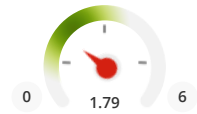
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 14, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	26	minutes	
	Sleep (Oura)	6.8	hours	
	Pulse (Oura)	71	bpm	
6:57 AM	Body Fat (Withings)	25.25	%	
6:57 AM	Weight (Withings)	209.1	lbs	
	Avocado Oil (with ml)	1.8	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1874
kcal

CONSUMED

2545
kcal

BURNED

171

Calories Remaining

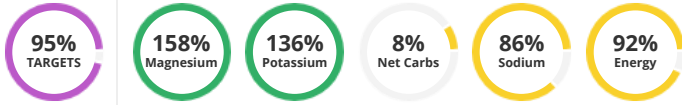
BUDGET

Macronutrient Targets

Energy	1874 (1556 net) kcal / 2046 kcal (92%)
Protein	77.6 g / 91.0 g (85%)
Net Carbs	1.7 g / 20.0 g (8%)
Fat	170.7 g / 178.0 g (96%)

Nutrients for 2019 March 14, Thursday

Nutrient Targets



General

Energy	1874.2 kcal	92%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	170.7 g	96%
Monounsaturated	117.0 g	No Target
Polyunsaturated	22.4 g	No Target
Omega-3	3.4 g	211%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	46.0 mg	307%
Vitamin K	277.6 µg	231%

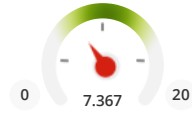
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

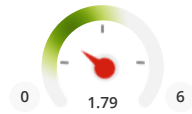
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 15, Friday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	14	minutes	
7:38 AM	Body Fat (Withings)	26.46	%	
7:38 AM	Weight (Withings)	208.16	lbs	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1856
kcal

CONSUMED

2494
kcal

BURNED

139

Calories Remaining

BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 93%;"></div> <p>1856 (1593 net) kcal / 1995 kcal (93%)</p>
Protein	<div style="background-color: #17a2b8; height: 10px; width: 85%;"></div> <p>77.6 g / 91.0 g (85%)</p>
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 8%;"></div> <p>1.7 g / 20.0 g (8%)</p>
Fat	<div style="background-color: #28a745; height: 10px; width: 99%;"></div> <p>171.2 g / 172.3 g (99%)</p>

Nutrients for 2019 March 15, Friday

Nutrient Targets

95%
TARGETS

158%
Magnesium

136%
Potassium

8%
Net Carbs

86%
Sodium

93%
Energy

General		
Energy	1856.3 kcal	93%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	171.2 g	100%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances

0 5.166 25

OMEGA-6 : OMEGA-3

0 7.367 20

ZINC : COPPER

0 1.79 6

POTASSIUM : SODIUM

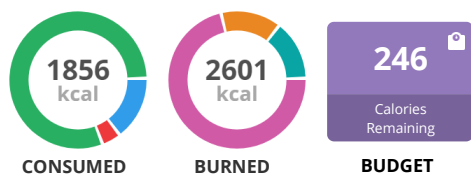
0 3.335 6

CALCIUM : MAGNESIUM

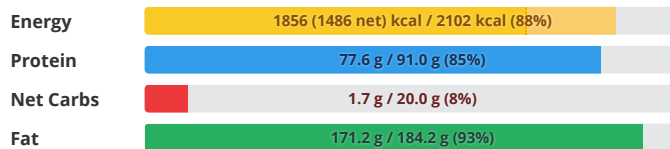
Diary for 2019 March 16, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	14	minutes	
	Sleep (Oura)	7.03	hours	
	Pulse (Oura)	73	bpm	
8:13 AM	Body Fat (Withings)	27.31	%	
8:13 AM	Weight (Withings)	206.89	lbs	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

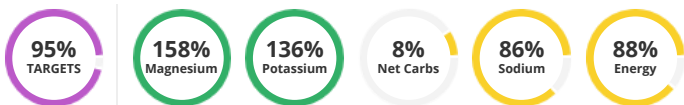


Macronutrient Targets



Nutrients for 2019 March 16, Saturday

Nutrient Targets



General

Energy	1856.3 kcal	88%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	93%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 17, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	2	minutes	
	Sleep (Oura)	7.14	hours	
	Pulse (Oura)	72	bpm	
8:05 AM	Body Fat (Withings)	27.61	%	
8:05 AM	Weight (Withings)	206.74	lbs	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	White bread, store bought	0.5	g	0.23
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1858
kcal

CONSUMED

2375
kcal

BURNED

18

Calories Remaining

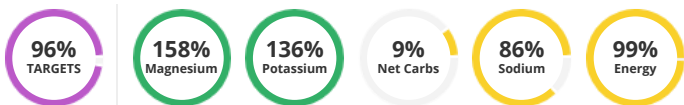
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #FFD700; width: 99%; height: 10px; border: 1px solid #ccc;"></div> 1858 (1719 net) kcal / 1876 kcal (99%)
Protein	<div style="background-color: #4682B4; width: 85%; height: 10px; border: 1px solid #ccc;"></div> 77.6 g / 91.0 g (85%)
Net Carbs	<div style="background-color: #FF0000; width: 9%; height: 10px; border: 1px solid #ccc;"></div> 1.9 g / 20.0 g (9%)
Fat	<div style="background-color: #3CB371; width: 108%; height: 10px; border: 1px solid #ccc;"></div> 171.2 g / 159.1 g (108%)

Nutrients for 2019 March 17, Sunday

Nutrient Targets



General		
Energy	1857.6 kcal	99%

Carbohydrates		
Carbs	23.4 g	117%
Fiber	21.5 g	No Target
Starch	0.2 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.9 g	9%

Lipids		
Fat	171.2 g	108%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	445.2 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2213.4 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.5 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.5 mg	150%
Potassium	4627.6 mg	136%
Selenium	218.1 µg	397%
Sodium	2587.5 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 18, Monday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	10	minutes	
	Sleep (Oura)	7.34	hours	
	Pulse (Oura)	75	bpm	
7:32 AM	Weight (Withings)	205.75	lbs	
7:32 AM	Body Fat (Withings)	27.44	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

1856
kcal

CONSUMED

2479
kcal

BURNED

124

Calories Remaining

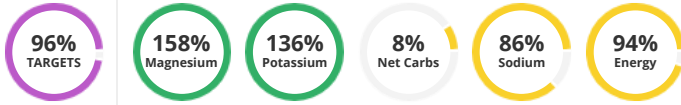
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; width: 94%; height: 15px; margin-bottom: 2px;"></div> 1856 (1610 net) kcal / 1980 kcal (94%)
Protein	<div style="background-color: #17a2b8; width: 85%; height: 15px; margin-bottom: 2px;"></div> 77.6 g / 91.0 g (85%)
Net Carbs	<div style="background-color: #dc3545; width: 8%; height: 15px; margin-bottom: 2px;"></div> 1.7 g / 20.0 g (8%)
Fat	<div style="background-color: #28a745; width: 100%; height: 15px; margin-bottom: 2px;"></div> 171.2 g / 170.7 g (100%)

Nutrients for 2019 March 18, Monday

Nutrient Targets



General		
Energy	1856.3 kcal	94%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

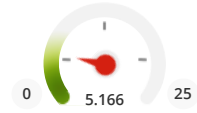
Lipids		
Fat	171.2 g	100%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

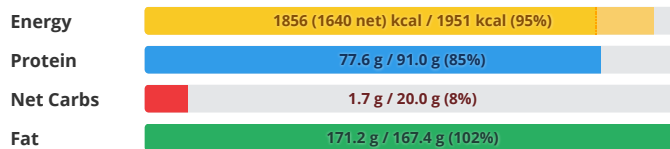
Diary for 2019 March 19, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	6	minutes	
	Sleep (Oura)	6.72	hours	
	Pulse (Oura)	80	bpm	
6:59 AM	Weight (Withings)	205.36	lbs	
6:59 AM	Body Fat (Withings)	28.74	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

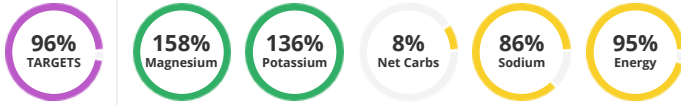


Macronutrient Targets



Nutrients for 2019 March 19, Tuesday

Nutrient Targets



General

Energy	1856.3 kcal	95%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	103%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

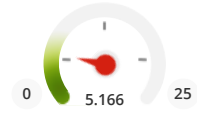
Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

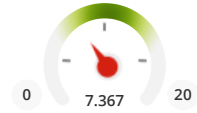
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

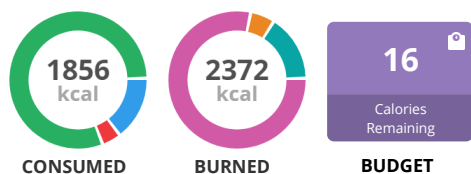


CALCIUM : MAGNESIUM

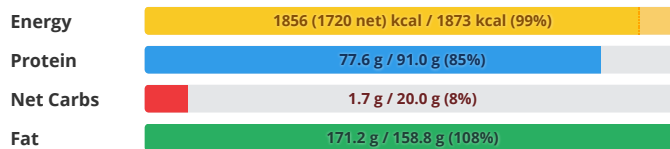
Diary for 2019 March 20, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	3	minutes	
	Sleep (Oura)	5.39	hours	
	Pulse (Oura)	72	bpm	
7:04 AM	Weight (Withings)	206.39	lbs	
7:04 AM	Body Fat (Withings)	26.83	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

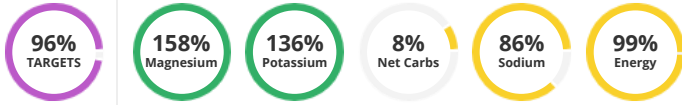


Macronutrient Targets



Nutrients for 2019 March 20, Wednesday

Nutrient Targets



General		
Energy	1856.3 kcal	99%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

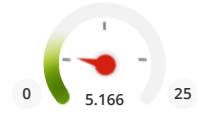
Lipids		
Fat	171.2 g	108%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

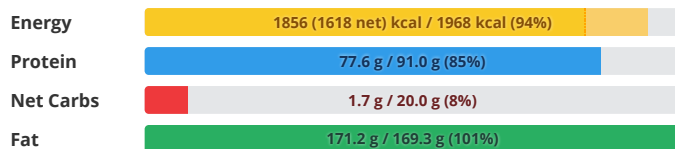
Diary for 2019 March 21, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	19	minutes	
	Sleep (Oura)	6.11	hours	
	Pulse (Oura)	72	bpm	
6:49 AM	Weight (Withings)	205.26	lbs	
6:49 AM	Body Fat (Withings)	25.95	%	
6:49 AM	Weight (Withings)	205.23	lbs	
6:49 AM	Body Fat (Withings)	25.65	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0

Calories Summary

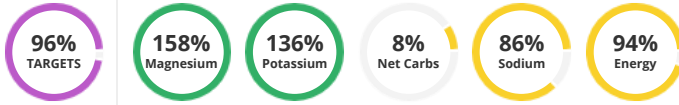


Macronutrient Targets



Nutrients for 2019 March 21, Thursday

Nutrient Targets



General

Energy	1856.3 kcal	94%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	101%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

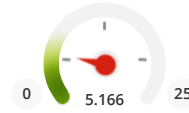
Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

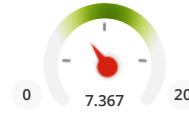
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

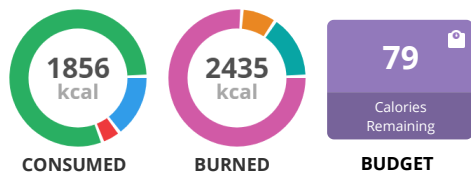


CALCIUM : MAGNESIUM

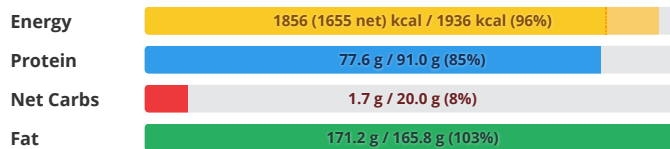
Diary for 2019 March 22, Friday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	8	minutes	
	Sleep (Oura)	6.43	hours	
	Pulse (Oura)	72	bpm	
7:04 AM	Weight (Withings)	204.86	lbs	
7:04 AM	Body Fat (Withings)	26.29	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0

Calories Summary

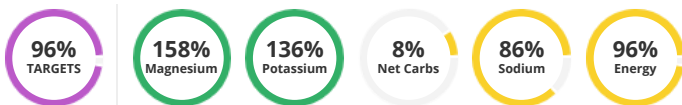


Macronutrient Targets



Nutrients for 2019 March 22, Friday

Nutrient Targets



General

Energy	1856.3 kcal	96%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	103%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

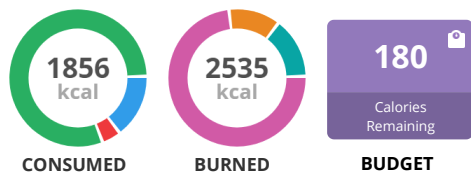


CALCIUM : MAGNESIUM

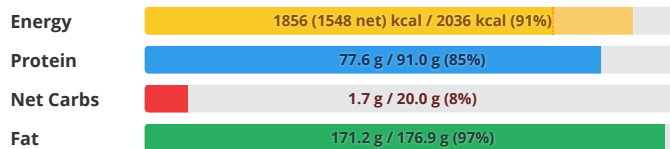
Diary for 2019 March 23, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	24	minutes	
	Sleep (Oura)	7.58	hours	
	Pulse (Oura)	76	bpm	
10:25 AM	Weight (Withings)	205.39	lbs	
10:25 AM	Body Fat (Withings)	25.02	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0

Calories Summary

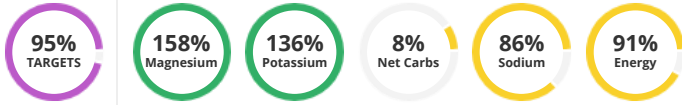


Macronutrient Targets



Nutrients for 2019 March 23, Saturday

Nutrient Targets



General		
Energy	1856.3 kcal	91%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

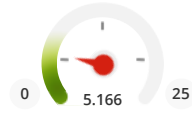
Lipids		
Fat	171.2 g	97%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

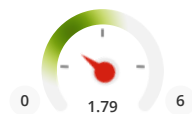
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

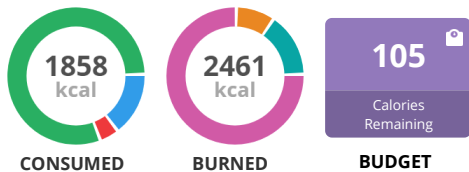


CALCIUM : MAGNESIUM

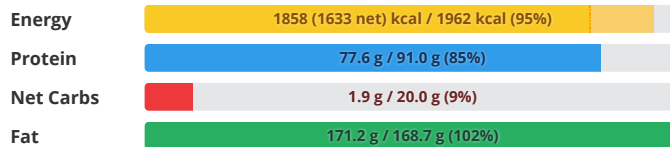
Diary for 2019 March 24, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	1	minutes	
	Sleep (Oura)	8.09	hours	
	Pulse (Oura)	71	bpm	
8:21 AM	Weight (Withings)	205.51	lbs	
8:21 AM	Body Fat (Withings)	25.73	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	White bread, store bought	0.5	g	0.23

Calories Summary

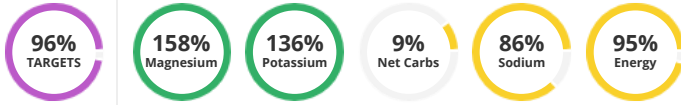


Macronutrient Targets



Nutrients for 2019 March 24, Sunday

Nutrient Targets



General

Energy	1857.6 kcal	95%
--------	-------------	-----

Carbohydrates

Carbs	23.4 g	117%
Fiber	21.5 g	No Target
Starch	0.2 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.9 g	9%

Lipids

Fat	171.2 g	101%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

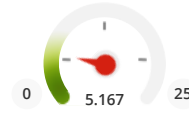
Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	445.2 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

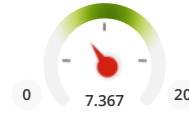
Minerals

Calcium	2213.4 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.5 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.5 mg	150%
Potassium	4627.6 mg	136%
Selenium	218.1 µg	397%
Sodium	2587.5 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

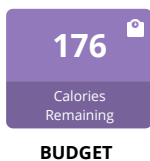
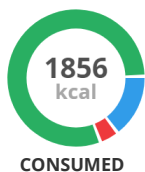


CALCIUM : MAGNESIUM

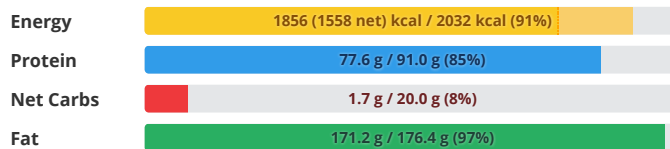
Diary for 2019 March 25, Monday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	9	minutes	
	Sleep (Oura)	7.12	hours	
	Pulse (Oura)	68	bpm	
6:51 AM	Weight (Withings)	206.87	lbs	
6:51 AM	Body Fat (Withings)	25.93	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0

Calories Summary

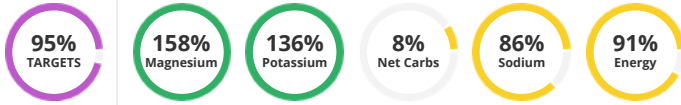


Macronutrient Targets



Nutrients for 2019 March 25, Monday

Nutrient Targets



General		
Energy	1856.3 kcal	91%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

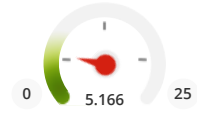
Lipids		
Fat	171.2 g	97%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

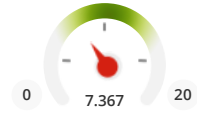
Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

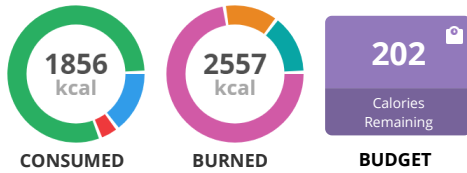


CALCIUM : MAGNESIUM

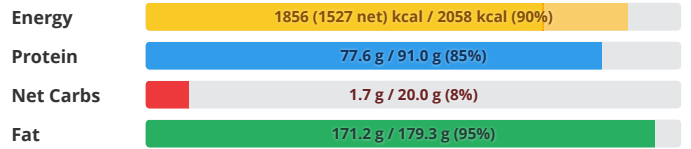
Diary for 2019 March 26, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Now, Vitamin A, 25000IU	1	Softgel	0
	Daily Activity (Oura)	22	minutes	
	Sleep (Oura)	6.46	hours	
	Pulse (Oura)	76	bpm	
6:59 AM	Weight (Withings)	205.54	lbs	
6:59 AM	Body Fat (Withings)	24.5	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0

Calories Summary

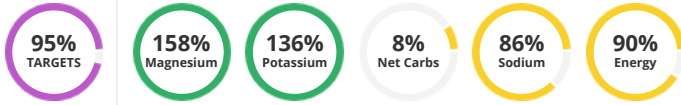


Macronutrient Targets



Nutrients for 2019 March 26, Tuesday

Nutrient Targets



General

Energy	1856.3 kcal	90%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	96%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

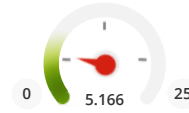
Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

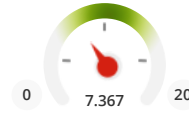
Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

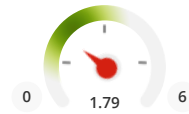
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

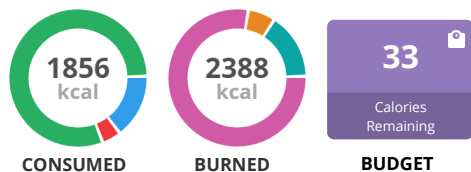


CALCIUM : MAGNESIUM

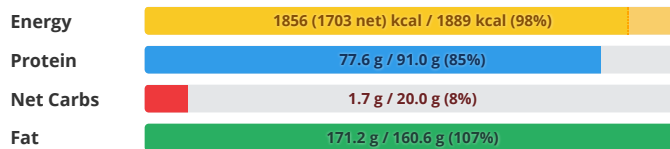
Diary for 2019 March 27, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	4	minutes	
	Sleep (Oura)	5.98	hours	
	Pulse (Oura)	81	bpm	
6:39 AM	Weight (Withings)	205.35	lbs	
6:39 AM	Body Fat (Withings)	25.41	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary

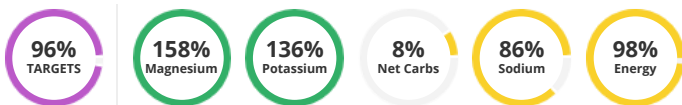


Macronutrient Targets



Nutrients for 2019 March 27, Wednesday

Nutrient Targets



General

Energy	1856.3 kcal	98%
--------	-------------	-----

Carbohydrates

Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids

Fat	171.2 g	106%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein

Protein	77.6 g	85%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals

Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

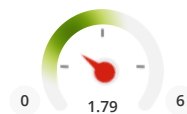
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

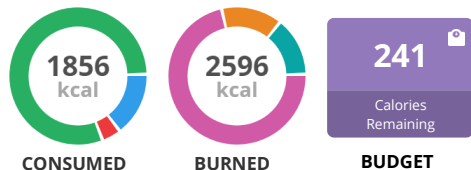


CALCIUM : MAGNESIUM

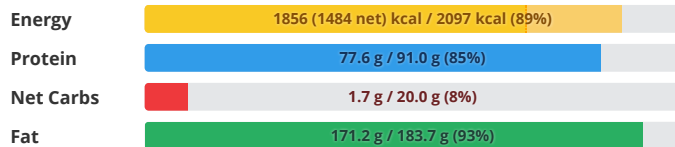
Diary for 2019 March 28, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Daily Activity (Oura)	32	minutes	
	Sleep (Oura)	7.1	hours	
	Pulse (Oura)	78	bpm	
6:53 AM	Weight (Withings)	205.33	lbs	
6:53 AM	Body Fat (Withings)	24.22	%	
	Avocado Oil (with ml)	1.35	× 100 ml	0
	Keto Chow Fish Oil	1	× 2 Pills	0
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Keto Chow 2.1, Orange Cream	1	Serving	0.53
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	MCT Oil	3	tbsp	0
	Wal-mart Stores, Inc., Purified Water	1	BOTTLE, PER CONTAINER	0
	Now, Vitamin A, 25000IU	1	Softgel	0

Calories Summary



Macronutrient Targets



Nutrients for 2019 March 28, Thursday

Nutrient Targets

95%
TARGETS

158%
Magnesium

136%
Potassium

8%
Net Carbs

86%
Sodium

89%
Energy

General		
Energy	1856.3 kcal	89%

Carbohydrates		
Carbs	23.1 g	116%
Fiber	21.5 g	No Target
Starch	0.0 g	No Target
Sugars	1.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.7 g	8%

Lipids		
Fat	171.2 g	93%
Monounsaturated	87.8 g	No Target
Polyunsaturated	16.8 g	No Target
Omega-3	3.0 g	189%

Protein		
Protein	77.6 g	85%

Vitamins		
B1 (Thiamine)	1.6 mg	133%
B2 (Riboflavin)	1.9 mg	143%
B3 (Niacin)	21.1 mg	132%
B5 (Pantothenic Acid)	10.5 mg	209%
B6 (Pyridoxine)	2.1 mg	162%
B12 (Cobalamin)	6.2 µg	260%
Folate	444.3 µg	111%
Vitamin A	25633.0 IU	854%
Vitamin C	376.7 mg	419%
Vitamin D	2632.0 IU	439%
Vitamin E	40.8 mg	272%
Vitamin K	239.7 µg	200%

Minerals		
Calcium	2212.7 mg	221%
Copper	2.1 mg	228%
Iron	6.9 mg	173%
Magnesium	663.4 mg	158%
Manganese	2.5 mg	108%
Phosphorus	1050.0 mg	150%
Potassium	4627.0 mg	136%
Selenium	218.0 µg	396%
Sodium	2585.0 mg	86%
Zinc	15.1 mg	138%

Nutrient Balances

0 5.166 25

OMEGA-6 : OMEGA-3

0 7.367 20

ZINC : COPPER

0 1.79 6

POTASSIUM : SODIUM

0 3.335 6

CALCIUM : MAGNESIUM

Diary for 2019 March 29, Friday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	6	minutes	
	Sleep (Oura)	6.34	hours	
	Pulse (Oura)	73	bpm	
7:33 AM	Weight (Withings)	205.63	lbs	
7:33 AM	Body Fat (Withings)	24.24	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

1870
kcal

CONSUMED

2438
kcal

BURNED

69

Calories Remaining

BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; width: 96%; height: 10px; margin-bottom: 2px;"></div> 1870 (1666 net) kcal / 1939 kcal (96%)
Protein	<div style="background-color: #17a2b8; width: 87%; height: 10px; margin-bottom: 2px;"></div> 79.5 g / 91.0 g (87%)
Net Carbs	<div style="background-color: #dc3545; width: 31%; height: 10px; margin-bottom: 2px;"></div> 6.1 g / 20.0 g (31%)
Fat	<div style="background-color: #28a745; width: 101%; height: 10px; margin-bottom: 2px;"></div> 167.6 g / 166.1 g (101%)

Nutrients for 2019 March 29, Friday

Nutrient Targets



General		
Energy	1870.0 kcal	96%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	101%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

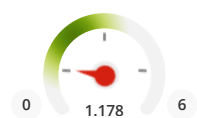
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 March 30, Saturday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	41	minutes	
	Sleep (Oura)	5.03	hours	
	Pulse (Oura)	69	bpm	
10:00 AM	Weight (Withings)	204.29	lbs	
10:00 AM	Body Fat (Withings)	23.72	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

1870
kcal

CONSUMED

2660
kcal

BURNED

291

Calories Remaining

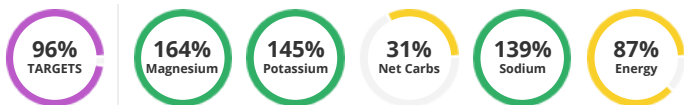
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; width: 87%;"></div> 1870 (1431 net) kcal / 2161 kcal (87%)
Protein	<div style="background-color: #17a2b8; width: 87%;"></div> 79.5 g / 91.0 g (87%)
Net Carbs	<div style="background-color: #dc3545; width: 31%;"></div> 6.1 g / 20.0 g (31%)
Fat	<div style="background-color: #28a745; width: 88%;"></div> 167.6 g / 190.8 g (88%)

Nutrients for 2019 March 30, Saturday

Nutrient Targets



General		
Energy	1870.0 kcal	87%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	88%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

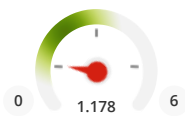
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

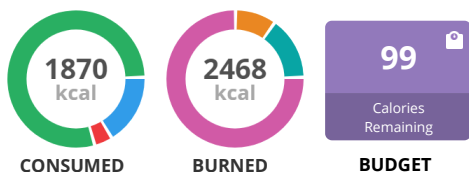


CALCIUM : MAGNESIUM

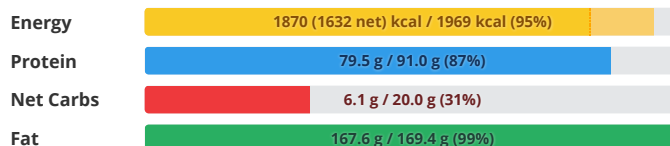
Diary for 2019 March 31, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	18	minutes	
	Sleep (Oura)	6.93	hours	
	Pulse (Oura)	75	bpm	
8:14 AM	Weight (Withings)	205.33	lbs	
8:14 AM	Body Fat (Withings)	24.05	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

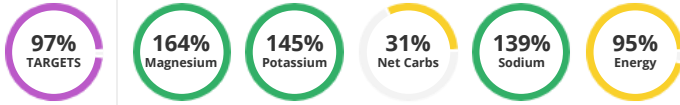


Macronutrient Targets



Nutrients for 2019 March 31, Sunday

Nutrient Targets



General		
Energy	1870.0 kcal	95%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	99%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

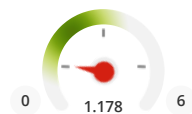
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

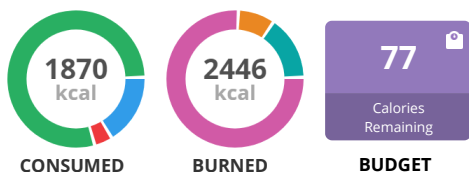


CALCIUM : MAGNESIUM

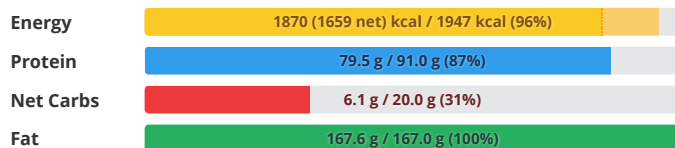
Diary for 2019 April 1, Monday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	6.65	hours	
	Pulse (Oura)	77	bpm	
7:11 AM	Weight (Withings)	205.34	lbs	
7:11 AM	Body Fat (Withings)	24.96	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary



Macronutrient Targets



Nutrients for 2019 April 1, Monday

Nutrient Targets



General		
Energy	1870.0 kcal	96%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	100%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

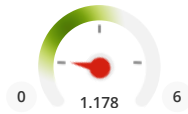
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

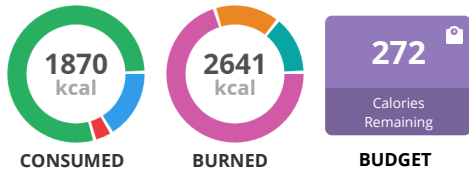


CALCIUM : MAGNESIUM

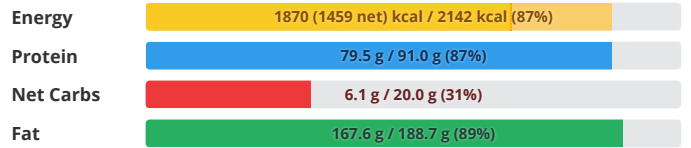
Diary for 2019 April 2, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	17	minutes	
	Sleep (Oura)	6.23	hours	
	Pulse (Oura)	74	bpm	
6:42 AM	Weight (Withings)	204.79	lbs	
6:42 AM	Body Fat (Withings)	25.03	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

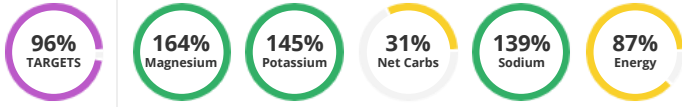


Macronutrient Targets



Nutrients for 2019 April 2, Tuesday

Nutrient Targets



General

Energy	1870.0 kcal	87%
--------	-------------	-----

Carbohydrates

Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids

Fat	167.6 g	89%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein

Protein	79.5 g	87%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals

Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

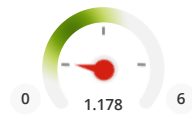
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 3, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	32	minutes	
	Sleep (Oura)	5.66	hours	
	Pulse (Oura)	73	bpm	
6:39 AM	Weight (Withings)	204.76	lbs	
6:39 AM	Body Fat (Withings)	23.79	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

1870
kcal

CONSUMED

2623
kcal

BURNED

254

Calories Remaining

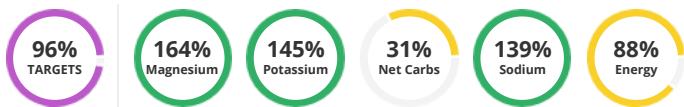
BUDGET

Macronutrient Targets

Energy		1870 (1471 net) kcal / 2124 kcal (88%)
Protein		79.5 g / 91.0 g (87%)
Net Carbs		6.1 g / 20.0 g (31%)
Fat		167.6 g / 186.7 g (90%)

Nutrients for 2019 April 3, Wednesday

Nutrient Targets



General		
Energy	1870.0 kcal	88%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	90%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

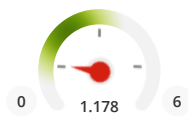
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

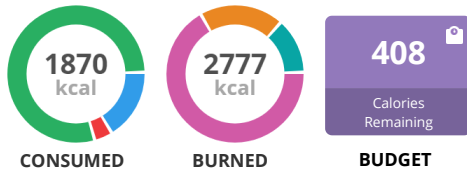


CALCIUM : MAGNESIUM

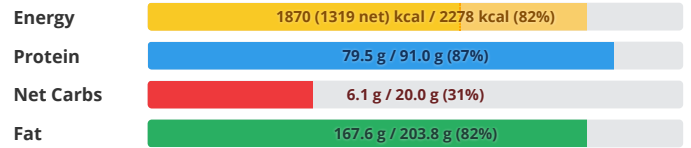
Diary for 2019 April 4, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	27	minutes	
	Sleep (Oura)	6.66	hours	
	Pulse (Oura)	78	bpm	
6:12 AM	Weight (Withings)	204.35	lbs	
6:12 AM	Body Fat (Withings)	22.85	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.5 Creamy Tomato Basil	1	Serving	3.67
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

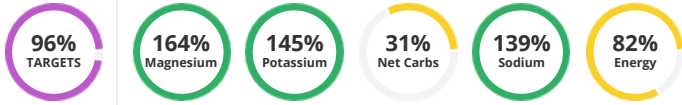


Macronutrient Targets



Nutrients for 2019 April 4, Thursday

Nutrient Targets



General		
Energy	1870.0 kcal	82%

Carbohydrates		
Carbs	28.3 g	141%
Fiber	22.1 g	No Target
Starch	0.0 g	No Target
Sugars	2.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	6.1 g	31%

Lipids		
Fat	167.6 g	82%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	79.5 g	87%

Vitamins		
B1 (Thiamine)	1.7 mg	144%
B2 (Riboflavin)	2.2 mg	166%
B3 (Niacin)	23.1 mg	145%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	7.4 µg	308%
Folate	496.0 µg	124%
Vitamin A	6517.0 IU	217%
Vitamin C	398.7 mg	443%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	150.6 µg	126%

Minerals		
Calcium	1867.3 mg	187%
Copper	2.3 mg	251%
Iron	8.4 mg	209%
Magnesium	690.6 mg	164%
Manganese	2.8 mg	120%
Phosphorus	1796.7 mg	257%
Potassium	4923.0 mg	145%
Selenium	228.7 µg	416%
Sodium	4180.0 mg	139%
Zinc	15.7 mg	143%

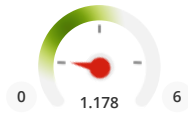
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

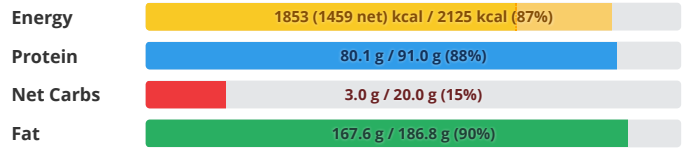
Diary for 2019 April 5, Friday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Keto Chow 2.1, Raspberry Cheesecake	1	Serving	0.56
	Daily Activity (Oura)	18	minutes	
	Sleep (Oura)	6.03	hours	
	Pulse (Oura)	75	bpm	
7:02 AM	Weight (Withings)	205.13	lbs	
7:02 AM	Body Fat (Withings)	23.44	%	
	Keto Chow Fish Oil	1 × 2	Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

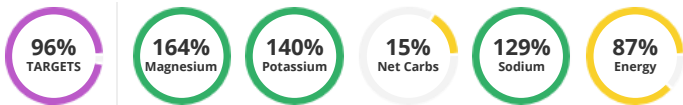


Macronutrient Targets



Nutrients for 2019 April 5, Friday

Nutrient Targets



General		
Energy	1853.0 kcal	87%

Carbohydrates		
Carbs	24.2 g	121%
Fiber	21.2 g	No Target
Starch	0.0 g	No Target
Sugars	0.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	3.0 g	15%

Lipids		
Fat	167.6 g	90%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	80.1 g	88%

Vitamins		
B1 (Thiamine)	1.7 mg	141%
B2 (Riboflavin)	2.1 mg	161%
B3 (Niacin)	22.3 mg	140%
B5 (Pantothenic Acid)	11.2 mg	223%
B6 (Pyridoxine)	2.2 mg	170%
B12 (Cobalamin)	6.8 µg	283%
Folate	495.3 µg	124%
Vitamin A	5661.0 IU	189%
Vitamin C	393.3 mg	437%
Vitamin D	2420.6 IU	403%
Vitamin E	31.0 mg	207%
Vitamin K	146.3 µg	122%

Minerals		
Calcium	2250.3 mg	225%
Copper	2.3 mg	250%
Iron	7.9 mg	197%
Magnesium	686.8 mg	164%
Manganese	2.7 mg	119%
Phosphorus	1187.0 mg	170%
Potassium	4773.0 mg	140%
Selenium	228.7 µg	416%
Sodium	3856.0 mg	129%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

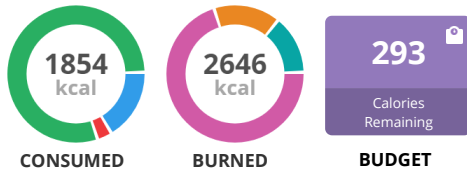


CALCIUM : MAGNESIUM

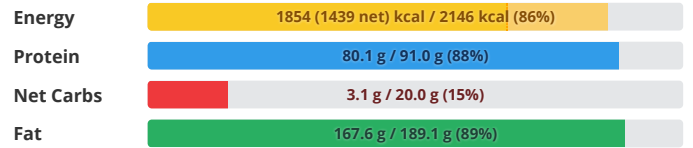
Diary for 2019 April 6, Saturday

Description	Amount	Unit	Net Carbs (g)
Keto Chow 2.1 Chocolate	1	Serving	1.63
Daily Activity (Oura)	16	minutes	
Sleep (Oura)	7.4	hours	
Pulse (Oura)	72	bpm	
Keto Chow Fish Oil	1	× 2 Pills	0
Butter, Salted	200	g	0.12
Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
Keto Chow 2.1, Snickerdoodle	1	Serving	0.6

Calories Summary

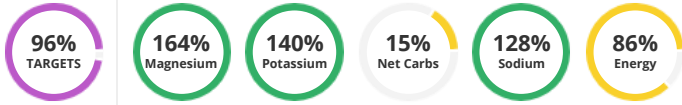


Macronutrient Targets



Nutrients for 2019 April 6, Saturday

Nutrient Targets



General

Energy	1854.0 kcal	86%
--------	-------------	-----

Carbohydrates

Carbs	24.4 g	122%
Fiber	21.3 g	No Target
Starch	0.0 g	No Target
Sugars	0.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	3.1 g	15%

Lipids

Fat	167.6 g	89%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein

Protein	80.1 g	88%
---------	--------	-----

Vitamins

B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	173%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	11.6 mg	233%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.0 µg	293%
Folate	539.0 µg	135%
Vitamin A	5691.0 IU	190%
Vitamin C	410.0 mg	456%
Vitamin D	2420.6 IU	403%
Vitamin E	32.2 mg	215%
Vitamin K	152.7 µg	127%

Minerals

Calcium	2254.0 mg	225%
Copper	2.3 mg	256%
Iron	7.9 mg	198%
Magnesium	687.3 mg	164%
Manganese	2.9 mg	125%
Phosphorus	1247.0 mg	178%
Potassium	4774.0 mg	140%
Selenium	236.7 µg	430%
Sodium	3854.0 mg	128%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 7, Sunday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57
	Daily Activity (Oura)	29	minutes	
	Sleep (Oura)	8.94	hours	
	Pulse (Oura)	74	bpm	
9:56 PM	Weight (Withings)	205.44	lbs	
9:56 PM	Body Fat (Withings)	20.97	%	
	Keto Chow Fish Oil	1 × 2	Pills	0
	Butter, Salted	200	g	0.12
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7

Calories Summary

1853
kcal

CONSUMED

2755
kcal

BURNED

403

Calories Remaining

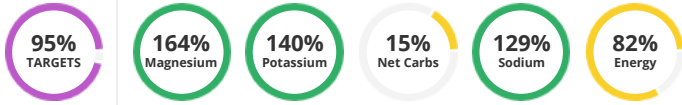
BUDGET

Macronutrient Targets

Energy	1853 (1323 net) kcal / 2256 kcal (82%)
Protein	80.1 g / 91.0 g (88%)
Net Carbs	3.0 g / 20.0 g (15%)
Fat	167.6 g / 201.3 g (83%)

Nutrients for 2019 April 7, Sunday

Nutrient Targets



General		
Energy	1853.0 kcal	82%

Carbohydrates		
Carbs	24.4 g	122%
Fiber	21.3 g	No Target
Starch	0.0 g	No Target
Sugars	0.7 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	3.0 g	15%

Lipids		
Fat	167.6 g	83%
Monounsaturated	42.0 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.6 g	162%

Protein		
Protein	80.1 g	88%

Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	173%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	11.6 mg	233%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.0 µg	293%
Folate	539.7 µg	135%
Vitamin A	5691.0 IU	190%
Vitamin C	410.0 mg	456%
Vitamin D	2652.6 IU	442%
Vitamin E	32.2 mg	215%
Vitamin K	152.3 µg	127%

Minerals		
Calcium	2234.0 mg	223%
Copper	2.3 mg	256%
Iron	7.9 mg	197%
Magnesium	687.1 mg	164%
Manganese	2.8 mg	123%
Phosphorus	1247.0 mg	178%
Potassium	4774.0 mg	140%
Selenium	236.7 µg	430%
Sodium	3855.0 mg	129%
Zinc	15.9 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 8, Monday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	5	minutes	
	Sleep (Oura)	5.97	hours	
	Pulse (Oura)	73	bpm	
7:08 AM	Weight (Withings)	203.9	lbs	
7:08 AM	Body Fat (Withings)	22.29	%	
	Keto Chow Fish Oil	1 × 2	Pills	0
	Butter, Salted	1.5	stick	0.1
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

1640
kcal

CONSUMED

2459
kcal

BURNED

320

Calories Remaining

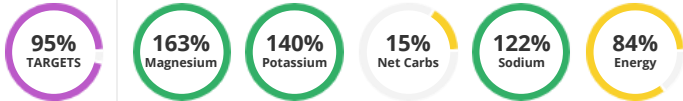
BUDGET

Macronutrient Targets

Energy	1640 (1416 net) kcal / 1960 kcal (84%)
Protein	79.8 g / 91.0 g (88%)
Net Carbs	3.0 g / 20.0 g (15%)
Fat	143.4 g / 168.4 g (85%)

Nutrients for 2019 April 8, Monday

Nutrient Targets



General		
Energy	1639.7 kcal	84%

Carbohydrates		
Carbs	24.3 g	122%
Fiber	21.3 g	No Target
Starch	0.0 g	No Target
Sugars	0.6 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	3.0 g	15%

Lipids		
Fat	143.4 g	85%
Monounsaturated	35.8 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	2.5 g	156%

Protein		
Protein	79.8 g	88%

Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	172%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	11.6 mg	232%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.0 µg	291%
Folate	538.8 µg	135%
Vitamin A	4947.5 IU	165%
Vitamin C	410.0 mg	456%
Vitamin D	2649.5 IU	442%
Vitamin E	31.5 mg	210%
Vitamin K	150.2 µg	125%

Minerals		
Calcium	2226.9 mg	223%
Copper	2.3 mg	256%
Iron	7.9 mg	197%
Magnesium	686.5 mg	163%
Manganese	2.8 mg	123%
Phosphorus	1239.9 mg	177%
Potassium	4766.9 mg	140%
Selenium	236.4 µg	430%
Sodium	3663.7 mg	122%
Zinc	15.8 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 9, Tuesday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	0	minutes	
	Sleep (Oura)	6.71	hours	
	Pulse (Oura)	71	bpm	
6:35 AM	Weight (Withings)	201.57	lbs	
6:35 AM	Body Fat (Withings)	21.62	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	1.5	stick	0.1
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
	Keto Chow 2.1 Chocolate Peanut Butter	1	Serving	2.43

Calories Summary

1698
kcal

CONSUMED

2269
kcal

BURNED

72

Calories Remaining

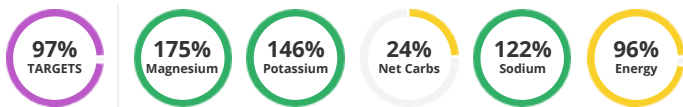
BUDGET

Macronutrient Targets

Energy	1698 (1666 net) kcal / 1770 kcal (96%)
Protein	84.9 g / 91.0 g (93%)
Net Carbs	4.9 g / 20.0 g (24%)
Fat	146.7 g / 147.3 g (100%)

Nutrients for 2019 April 9, Tuesday

Nutrient Targets



General		
Energy	1697.7 kcal	96%

Carbohydrates		
Carbs	27.8 g	139%
Fiber	23.0 g	No Target
Starch	0.0 g	No Target
Sugars	0.9 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	4.9 g	24%

Lipids		
Fat	146.7 g	100%
Monounsaturated	38.0 g	No Target
Polyunsaturated	5.4 g	No Target
Omega-3	2.5 g	156%

Protein		
Protein	84.9 g	93%

Vitamins		
B1 (Thiamine)	1.8 mg	152%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	24.6 mg	154%
B5 (Pantothenic Acid)	11.6 mg	232%
B6 (Pyridoxine)	2.3 mg	180%
B12 (Cobalamin)	7.0 µg	291%
Folate	551.4 µg	138%
Vitamin A	4950.5 IU	165%
Vitamin C	410.0 mg	456%
Vitamin D	2417.5 IU	403%
Vitamin E	31.5 mg	210%
Vitamin K	150.6 µg	125%

Minerals		
Calcium	2240.2 mg	224%
Copper	2.5 mg	273%
Iron	9.1 mg	228%
Magnesium	735.6 mg	175%
Manganese	3.0 mg	129%
Phosphorus	1268.9 mg	181%
Potassium	4980.9 mg	146%
Selenium	237.0 µg	431%
Sodium	3657.7 mg	122%
Zinc	16.7 mg	152%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 10, Wednesday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1 Chocolate	1	Serving	1.63
	Daily Activity (Oura)	2	minutes	
	Sleep (Oura)	4.73	hours	
	Pulse (Oura)	67	bpm	
6:45 AM	Weight (Withings)	200.96	lbs	
6:45 AM	Body Fat (Withings)	23.09	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	1.5	stick	0.1
	Keto Chow 2.1, Chocolate Mint	1	Serving	0.7
5:48 AM	Keto Chow 2.1, Chocolate Toffee	1	Serving	0.57

Calories Summary

1640
kcal

CONSUMED

2461
kcal

BURNED

322

Calories Remaining

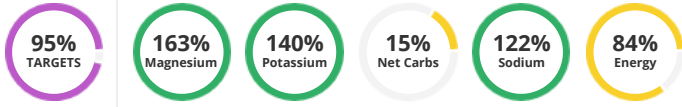
BUDGET

Macronutrient Targets

Energy	1640 (1415 net) kcal / 1962 kcal (84%)
Protein	79.8 g / 91.0 g (88%)
Net Carbs	3.0 g / 20.0 g (15%)
Fat	143.4 g / 168.7 g (85%)

Nutrients for 2019 April 10, Wednesday

Nutrient Targets



General		
Energy	1639.7 kcal	84%

Carbohydrates		
Carbs	24.3 g	122%
Fiber	21.3 g	No Target
Starch	0.0 g	No Target
Sugars	0.6 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	3.0 g	15%

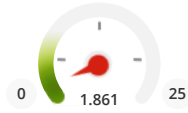
Lipids		
Fat	143.4 g	85%
Monounsaturated	35.8 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	2.5 g	156%

Protein		
Protein	79.8 g	88%

Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	172%
B3 (Niacin)	23.4 mg	146%
B5 (Pantothenic Acid)	11.6 mg	232%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.0 µg	291%
Folate	538.8 µg	135%
Vitamin A	4947.5 IU	165%
Vitamin C	410.0 mg	456%
Vitamin D	2649.5 IU	442%
Vitamin E	31.5 mg	210%
Vitamin K	150.2 µg	125%

Minerals		
Calcium	2226.9 mg	223%
Copper	2.3 mg	256%
Iron	7.9 mg	197%
Magnesium	686.5 mg	163%
Manganese	2.8 mg	123%
Phosphorus	1239.9 mg	177%
Potassium	4766.9 mg	140%
Selenium	236.4 µg	430%
Sodium	3663.7 mg	122%
Zinc	15.8 mg	144%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM

Diary for 2019 April 11, Thursday

	Description	Amount	Unit	Net Carbs (g)
	Keto Chow 2.1, Snickerdoodle	3	Serving	1.8
	Daily Activity (Oura)	51	minutes	
	Sleep (Oura)	5.88	hours	
	Pulse (Oura)	70	bpm	
6:47 AM	Weight (Withings)	200.39	lbs	
6:47 AM	Body Fat (Withings)	24.12	%	
	Keto Chow Fish Oil	1	× 2 Pills	0
	Butter, Salted	1.5	stick	0.1

Calories Summary

1632
kcal

CONSUMED

2810
kcal

BURNED

679

Calories Remaining

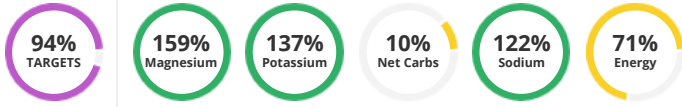
BUDGET

Macronutrient Targets

Energy	<div style="background-color: #ffc107; height: 10px; width: 71%;"></div> 1632 (1039 net) kcal / 2311 kcal (71%)
Protein	<div style="background-color: #17a2b8; height: 10px; width: 87%;"></div> 79.1 g / 91.0 g (87%)
Net Carbs	<div style="background-color: #dc3545; height: 10px; width: 10%;"></div> 1.9 g / 20.0 g (10%)
Fat	<div style="background-color: #28a745; height: 10px; width: 69%;"></div> 142.9 g / 207.4 g (69%)

Nutrients for 2019 April 11, Thursday

Nutrient Targets



General		
Energy	1631.7 kcal	71%

Carbohydrates		
Carbs	23.5 g	118%
Fiber	21.6 g	No Target
Starch	0.0 g	No Target
Sugars	0.1 g	No Target
Sugar Alcohol	0.0 g	No Target
Net Carbs	1.9 g	10%

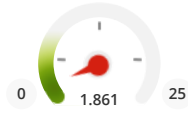
Lipids		
Fat	142.9 g	69%
Monounsaturated	35.8 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	2.5 g	156%

Protein		
Protein	79.1 g	87%

Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	2.2 mg	171%
B3 (Niacin)	23.3 mg	146%
B5 (Pantothenic Acid)	11.6 mg	232%
B6 (Pyridoxine)	2.3 mg	178%
B12 (Cobalamin)	7.0 µg	291%
Folate	536.1 µg	134%
Vitamin A	4947.5 IU	165%
Vitamin C	410.0 mg	456%
Vitamin D	2417.5 IU	403%
Vitamin E	31.5 mg	210%
Vitamin K	150.9 µg	126%

Minerals		
Calcium	2280.9 mg	228%
Copper	2.2 mg	240%
Iron	7.0 mg	175%
Magnesium	667.9 mg	159%
Manganese	2.8 mg	123%
Phosphorus	1210.9 mg	173%
Potassium	4669.9 mg	137%
Selenium	235.7 µg	429%
Sodium	3674.7 mg	122%
Zinc	15.6 mg	142%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM