



Daily Average Nutrition Report October 5, 2020 to November 1, 2020

Calories Summary



1853
kcal

CONSUMED



2689
kcal

BURNED

337

Calories Remaining

BUDGET

Macronutrient Targets

| | |
|-----------|---|
| Energy | 1853 (1568 net) kcal / 1762 kcal (105%) |
| Protein | 124.5 g / 142.0 g (87%) |
| Net Carbs | 5.6 g / 15.0 g (37%) |
| Fat | 150.6 g / 124.0 g (121%) |

Nutrition Scores (i)

94%

All Targets

100%

Vitamins

93%

Minerals

88%

Electrolytes

89%

Immune Support

68%

Antioxidants

81%

Bone Health

100%

Metabolism Support

Highlighted Nutrients

172%

Magnesium

165%

Potassium

37%

Net Carbs

120%

Sodium

105%

Energy


165%

Potassium

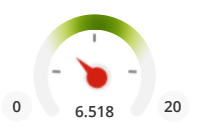
| Carbohydrates | | |
|-----------------|---------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |
| Lipids | | |
| Fat | 150.6 g | 121% |
| Monounsaturated | 70.9 g | No Target |
| Polyunsaturated | 13.2 g | No Target |
| Omega-3 | 1.3 g | 82% |
| Protein | | |
| Protein | 124.5 g | 87% |

| Vitamins | | |
|-----------------------|-------------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 138% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.1 mg | 202% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.1 µg | 256% |
| Folate | 411.6 µg | 102% |
| Vitamin A | 5189.6 IU | 172% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3301.0 IU | 550% |
| Vitamin E | 26.0 mg | 173% |
| Vitamin K | 126.1 µg | 105% |
| Minerals | | |
| Calcium | 2239.0 mg | 223% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 723.0 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1278.0 mg | 182% |
| Potassium | 5626.0 mg | 165% |
| Selenium | 212.9 µg | 387% |
| Sodium | 3605.3 mg | 120% |
| Zinc | 15.9 mg | 144% |
| General | | |
| Energy | 1853.0 kcal | 105% |

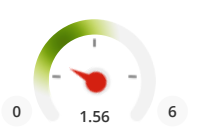
Nutrient Balances



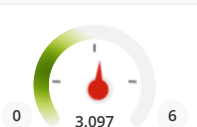
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

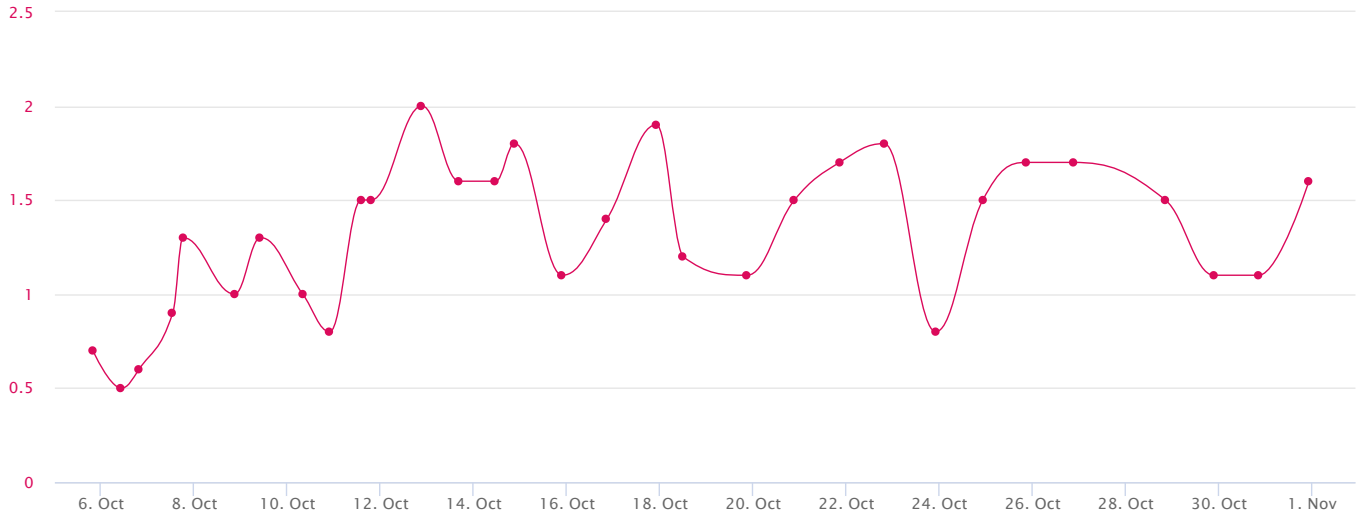


CALCIUM : MAGNESIUM

Biometric Charts

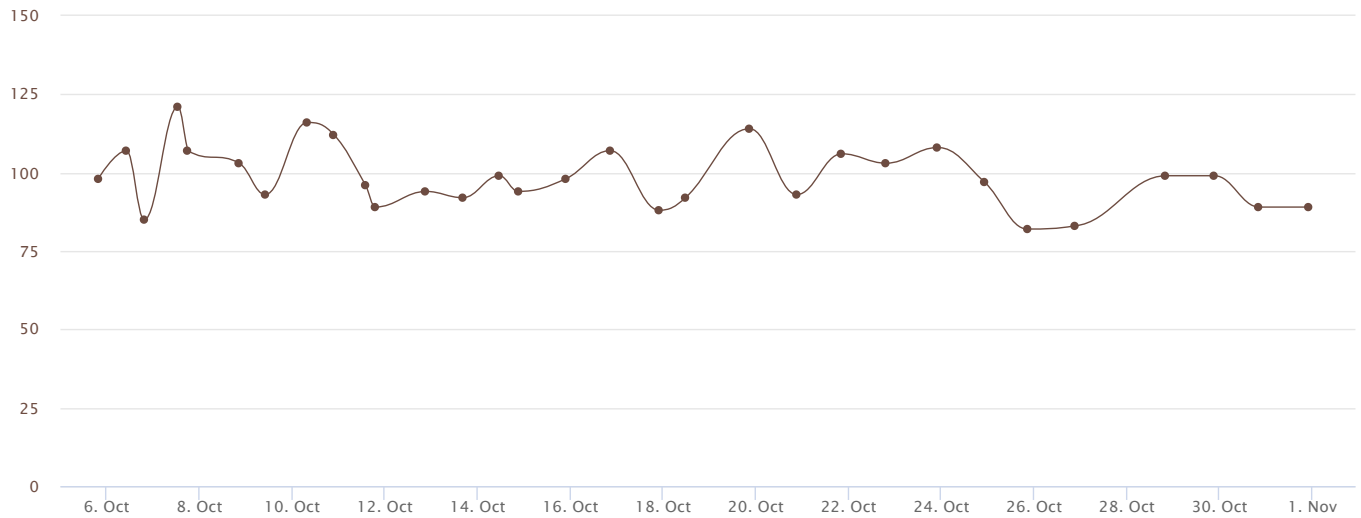
Ketones (Blood) (mmol/L)

From Oct 5, 2020 to Nov 16, 2020



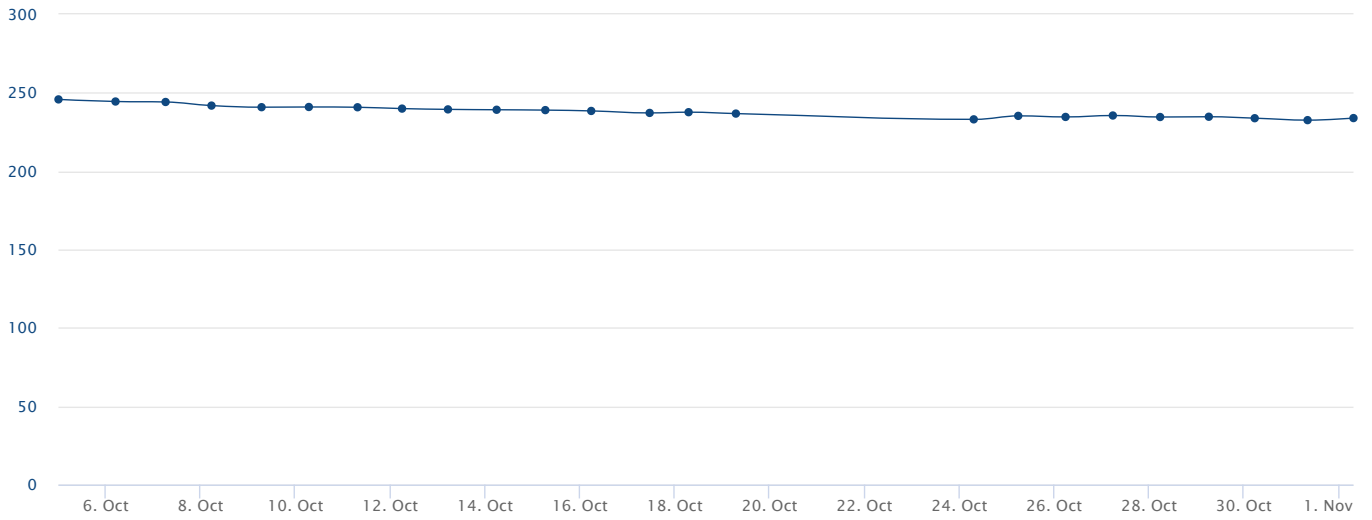
Blood Glucose (mg/dL)

From Oct 5, 2020 to Nov 16, 2020



Weight (lbs)

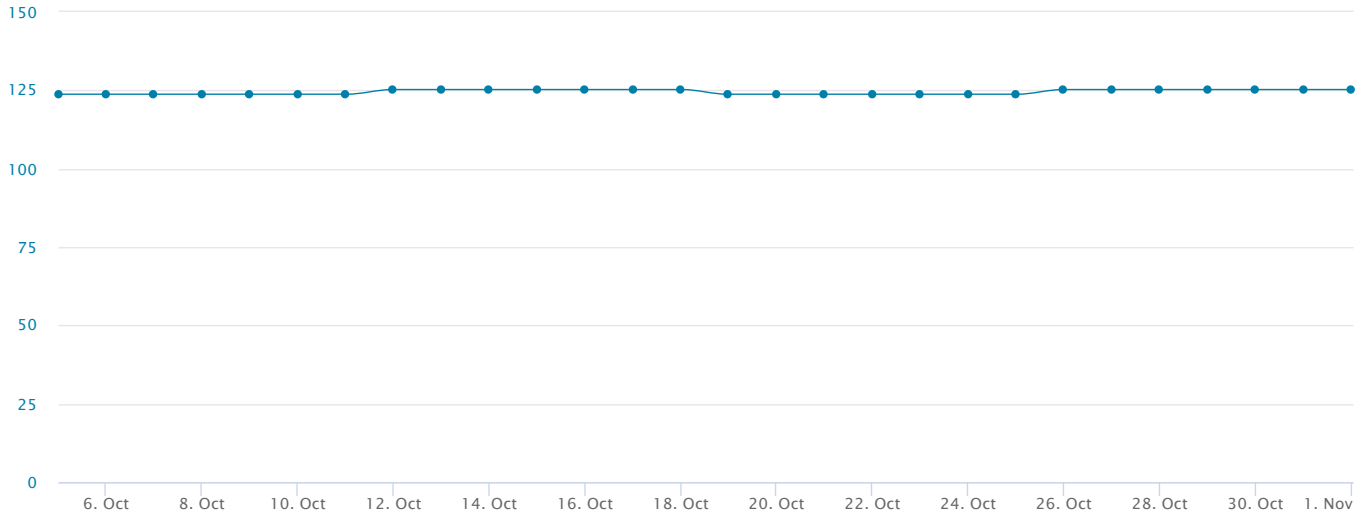
From Oct 5, 2020 to Nov 16, 2020



Nutrient Charts

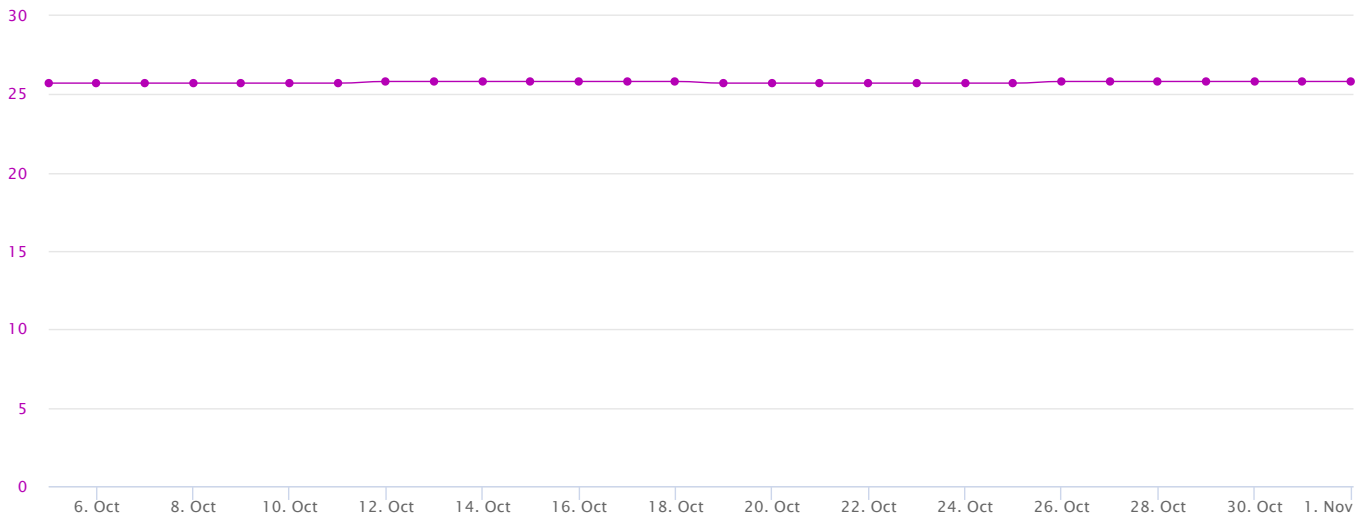
Protein (g)

From Oct 5, 2020 to Nov 16, 2020



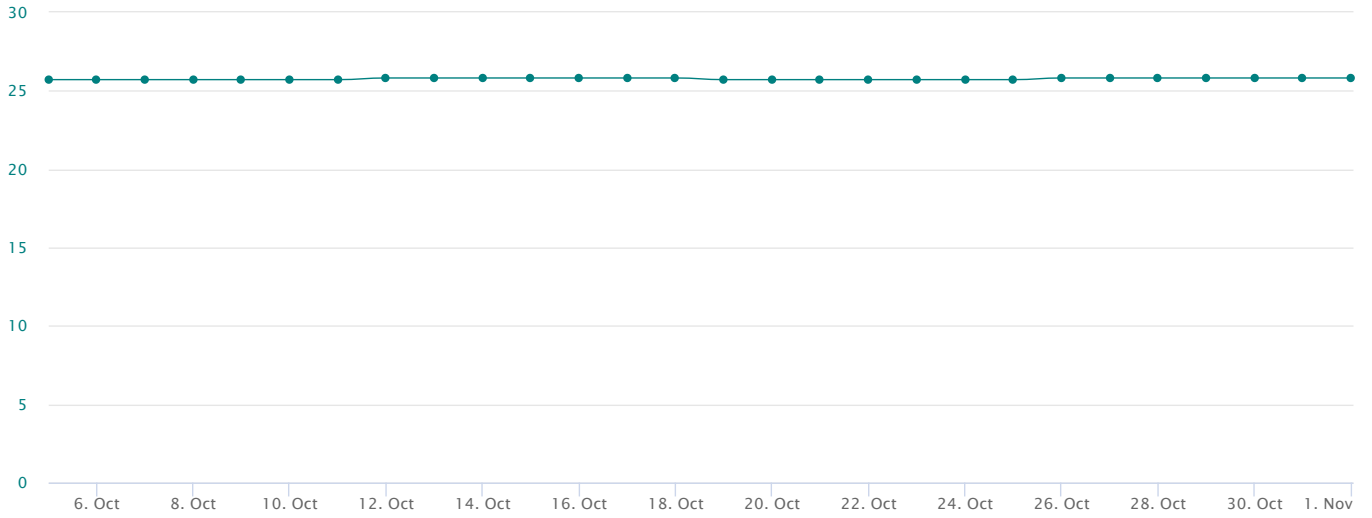
Carbs (g)

From Oct 5, 2020 to Nov 16, 2020



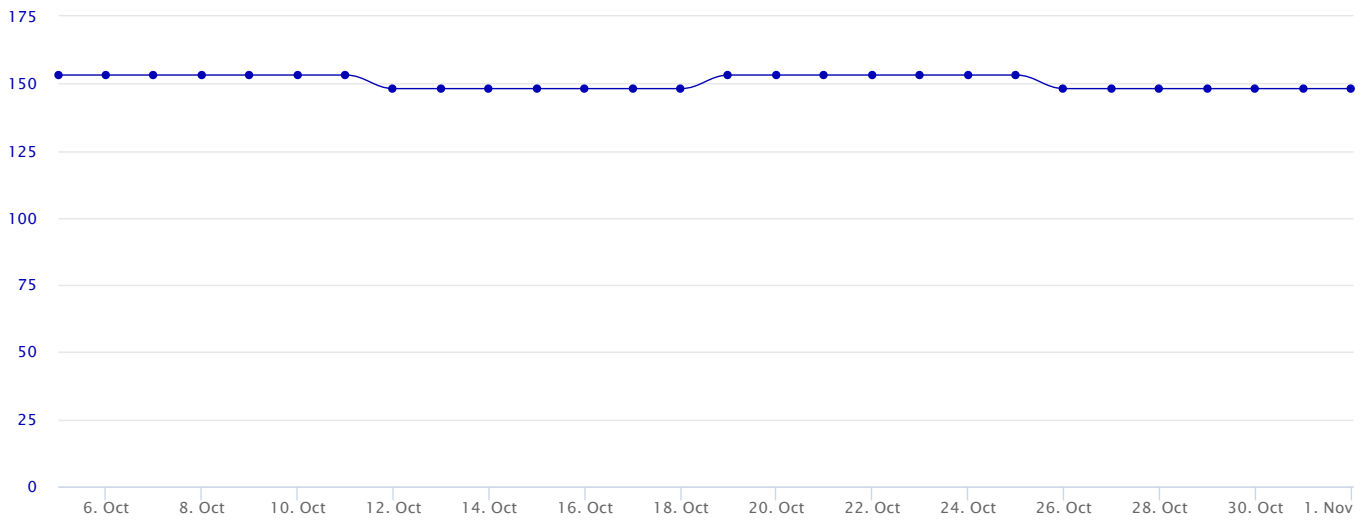
Carbs (g)

From Oct 5, 2020 to Nov 16, 2020



Fat (g)

From Oct 5, 2020 to Nov 16, 2020



Monounsaturated (g)

From Oct 5, 2020 to Nov 16, 2020



Polyunsaturated (g)

From Oct 5, 2020 to Nov 16, 2020



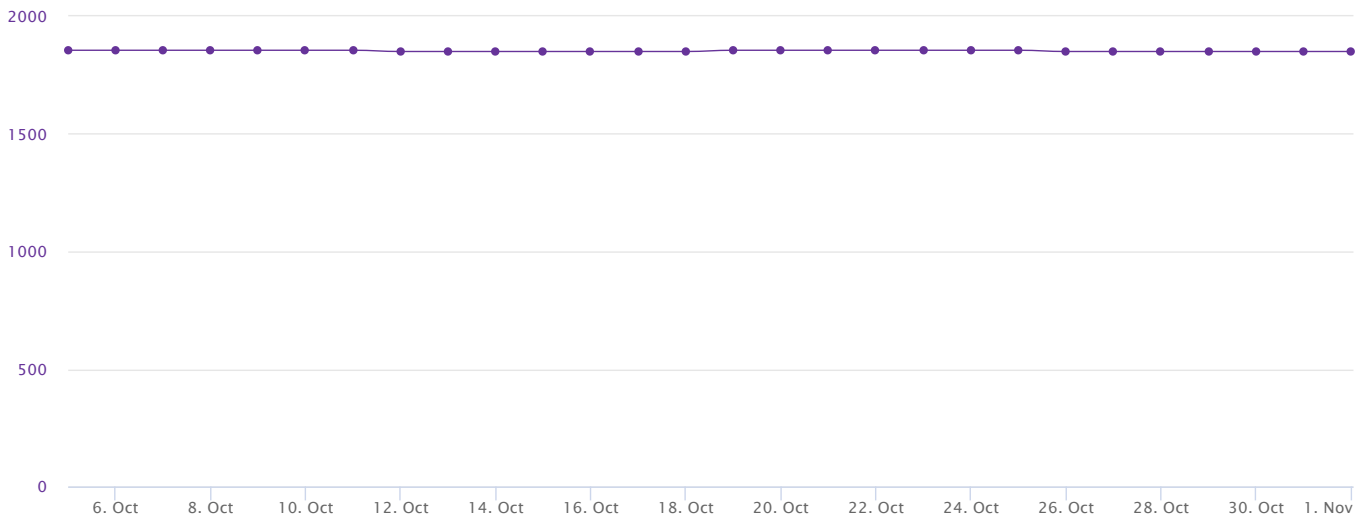
Saturated (g)

From Oct 5, 2020 to Nov 16, 2020



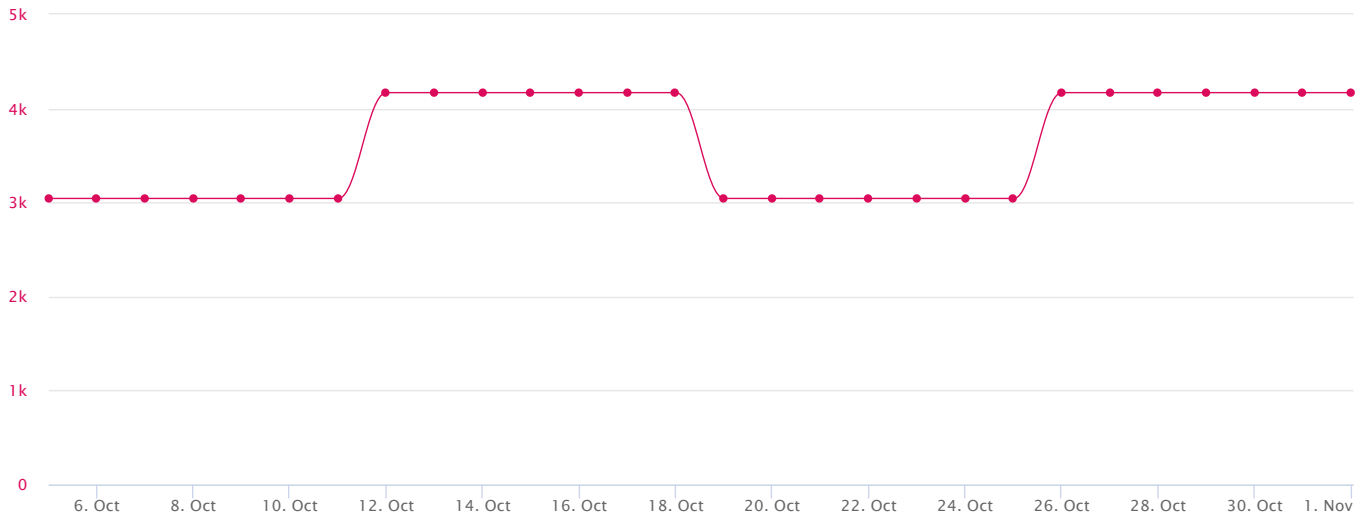
Energy (kcal)

From Oct 5, 2020 to Nov 16, 2020



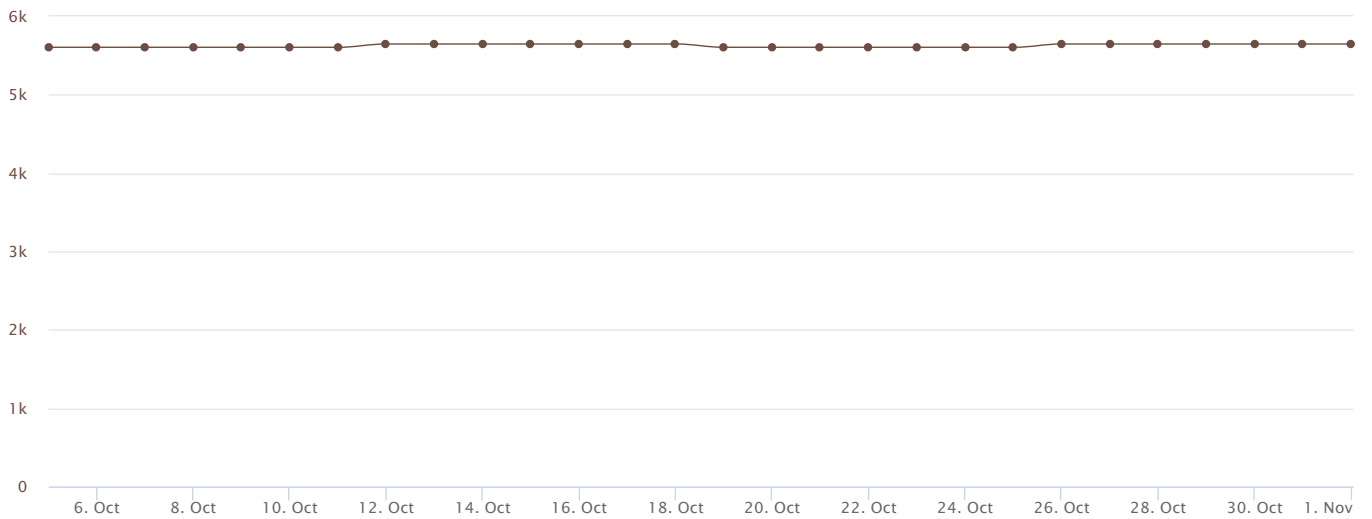
Sodium (mg)

From Oct 5, 2020 to Nov 16, 2020



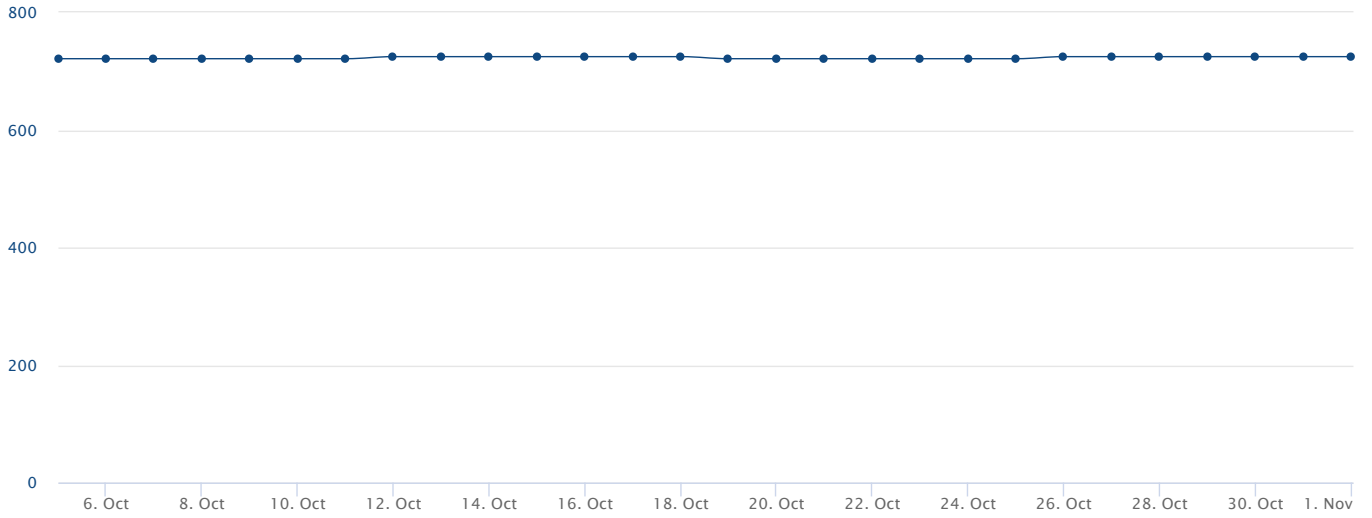
Potassium (mg)

From Oct 5, 2020 to Nov 16, 2020



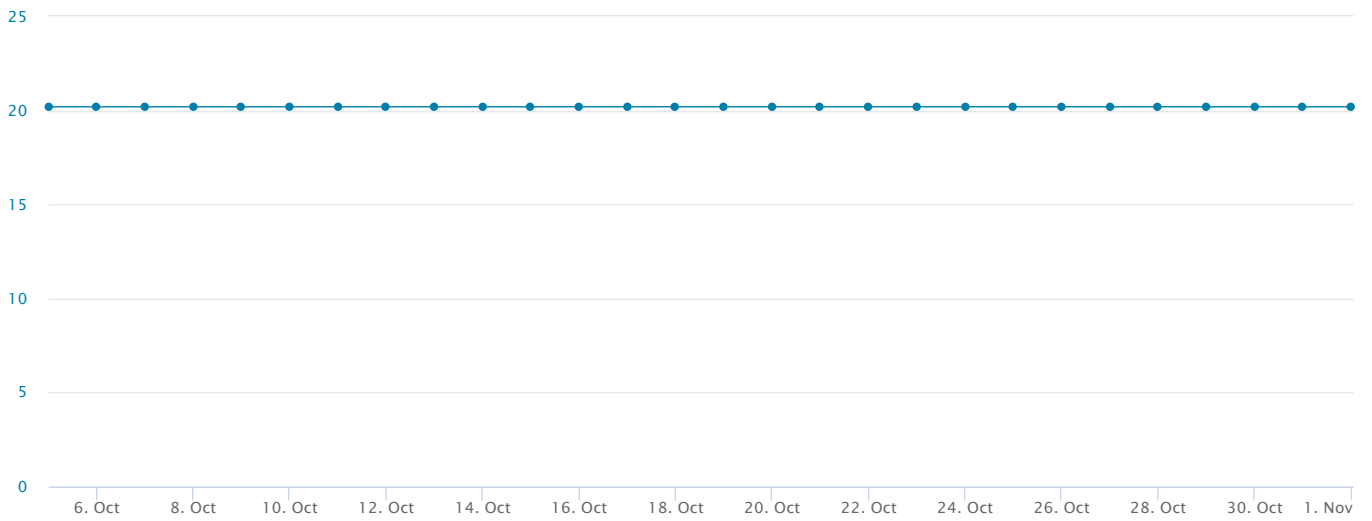
Magnesium (mg)

From Oct 5, 2020 to Nov 16, 2020



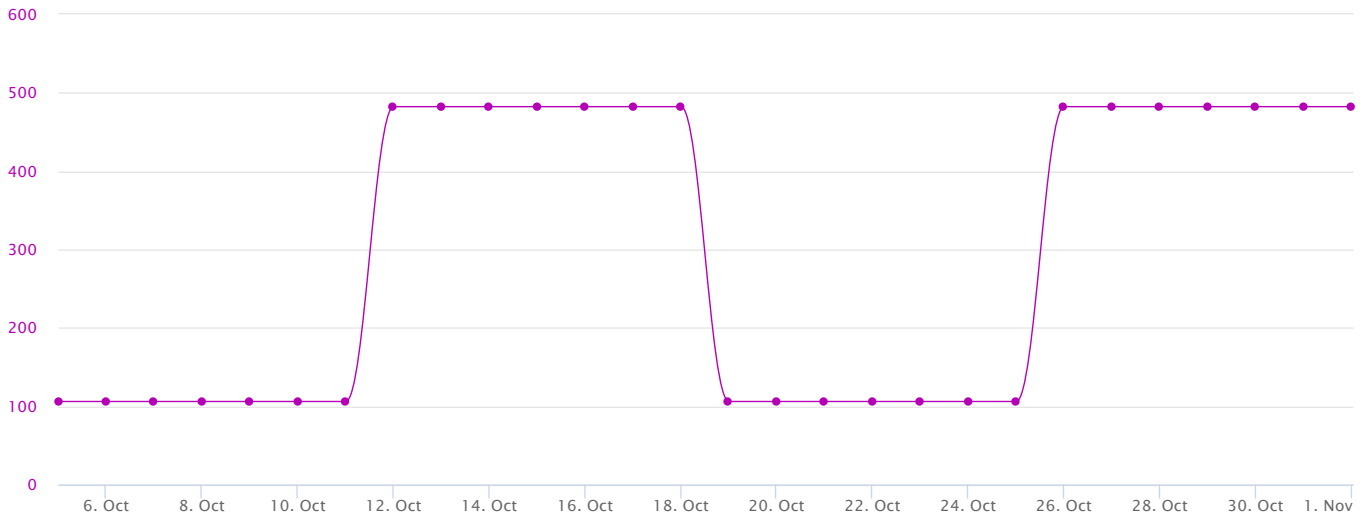
Fiber (g)

From Oct 5, 2020 to Nov 16, 2020



Cholesterol (mg)

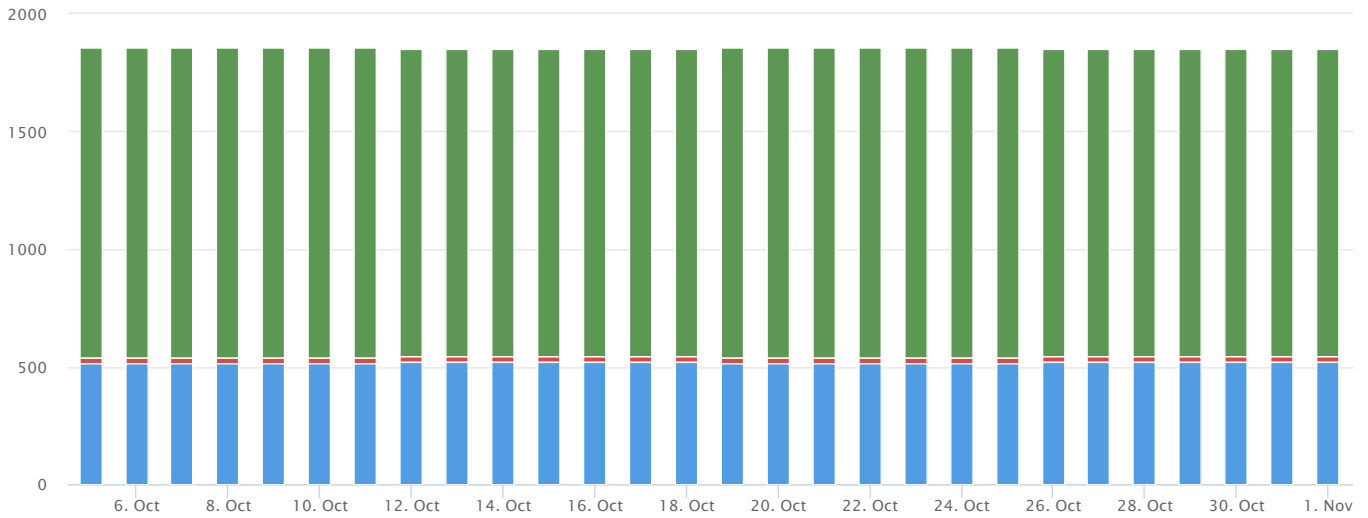
From Oct 5, 2020 to Nov 16, 2020



Cronometer Report System Charts

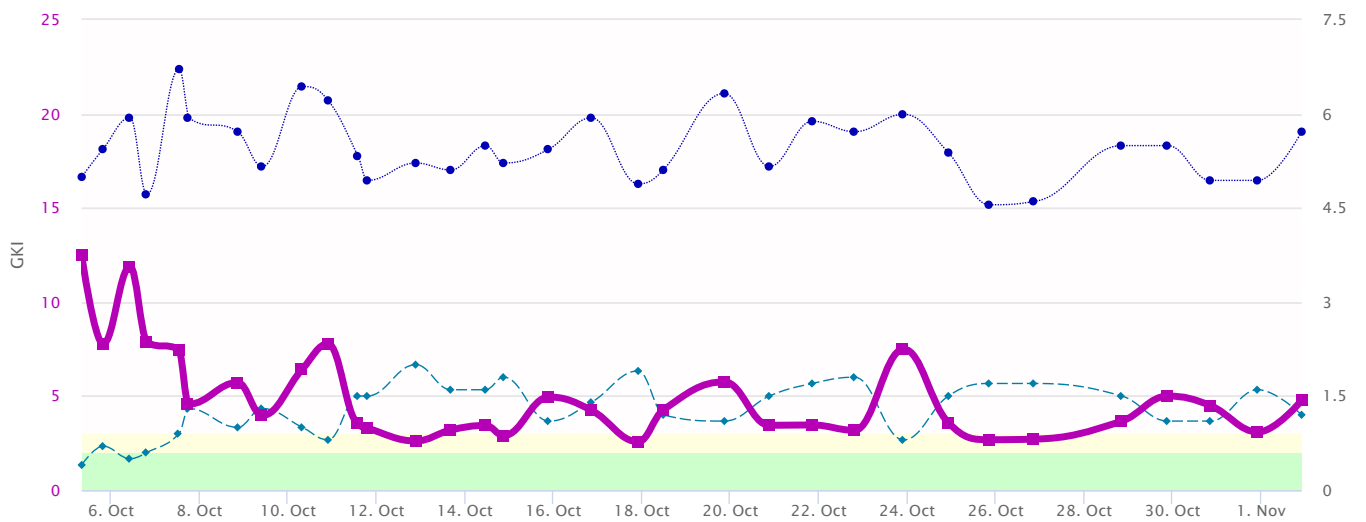
Calories Consumed (kcal)

From Oct 5, 2020 to Nov 16, 2020



Glucose Ketone Index

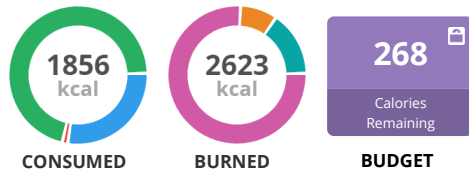
From Oct 5, 2020 to Nov 16, 2020



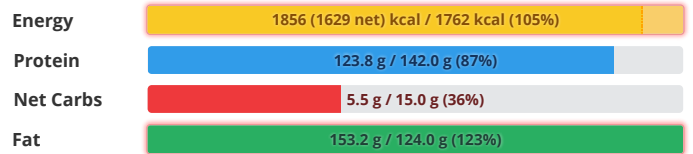
Diary for Monday, October 5, 2020

| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | 🏃 Daily Activity (Oura) | 8 | minutes | -227 |
| | 🛌 Sleep (Oura) | 5.74 | hours | |
| | 📊 Heart Rate (Oura) | 85 | bpm | |
| 05:54 | 📊 Weight (Withings) | 245.76 | lbs | |
| 05:54 | 📊 Body Fat (Withings) | 36.4 | % | |
| 07:56 | 📊 Blood Glucose (Keto-Mojo) | 90 | mg/dL | |
| 07:57 | 📊 Ketones (Blood) (Keto-Mojo) | 0.4 | mmol/L | |
| 19:31 | 📊 Blood Glucose (Keto-Mojo) | 98 | mg/dL | |
| 19:32 | 📊 Ketones (Blood) (Keto-Mojo) | 0.7 | mmol/L | |
| 12:08 | 🍷 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |
| 09:46 | 🍷 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | 🍷 Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |

Calories Summary



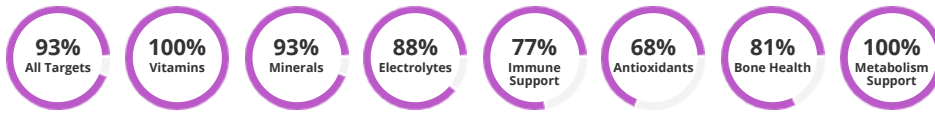
Macronutrient Targets



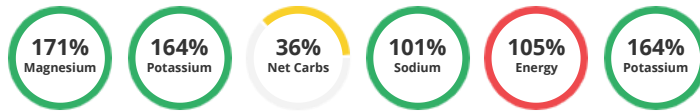
Nutrients for Monday, October 5, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

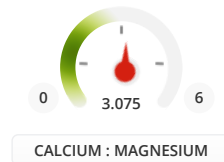
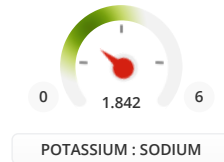
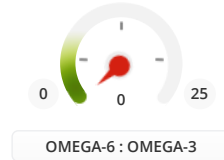
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



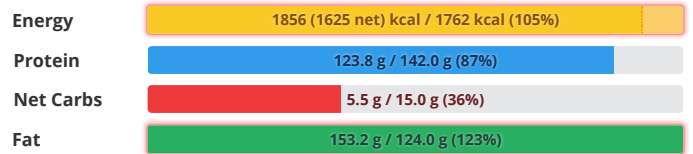
Diary for Tuesday, October 6, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|-------------------|------------|---------------|
| | Daily Activity (Oura) | | 2 minutes | -231 |
| | Sleep (Oura) | | 6.33 hours | |
| | Heart Rate (Oura) | | 69 bpm | |
| 05:15 | Weight (Withings) | | 244.41 lbs | |
| 05:15 | Body Fat (Withings) | | 37.07 % | |
| 10:11 | Ketones (Blood) (Keto-Mojo) | | 0.5 mmol/L | |
| 10:11 | Blood Glucose (Keto-Mojo) | | 107 mg/dL | |
| 19:21 | Ketones (Blood) (Keto-Mojo) | | 0.6 mmol/L | |
| 19:21 | Blood Glucose (Keto-Mojo) | | 85 mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 Cup | | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 scoop | | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 Tbsp. (15mL) | | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 g | | 0 |

Calories Summary



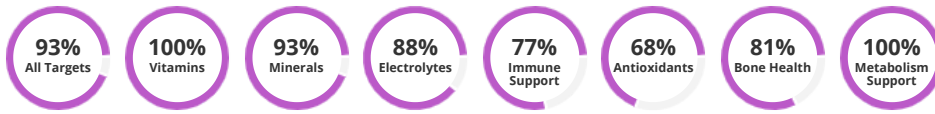
Macronutrient Targets



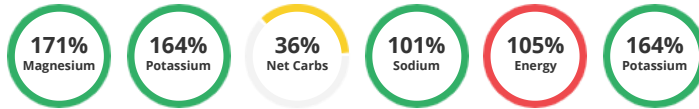
Nutrients for Tuesday, October 6, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

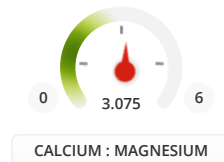
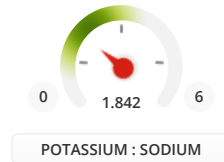
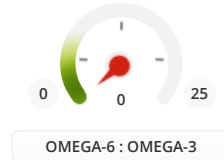
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



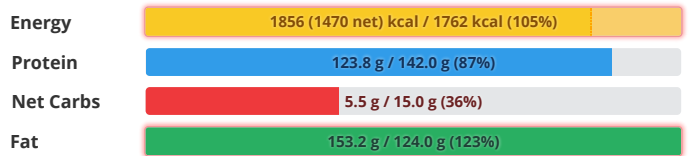
Diary for Wednesday, October 7, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 25 | minutes | -386 |
| | Sleep (Oura) | 5.69 | hours | |
| | Heart Rate (Oura) | 70 | bpm | |
| 06:17 | Weight (Withings) | 244.11 | lbs | |
| 06:17 | Body Fat (Withings) | 35.31 | % | |
| 12:45 | Ketones (Blood) (Keto-Mojo) | 0.9 | mmol/L | |
| 12:46 | Blood Glucose (Keto-Mojo) | 121 | mg/dL | |
| 18:01 | Ketones (Blood) (Keto-Mojo) | 1.3 | mmol/L | |
| 18:01 | Blood Glucose (Keto-Mojo) | 107 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



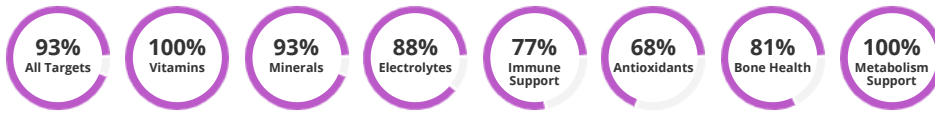
Macronutrient Targets



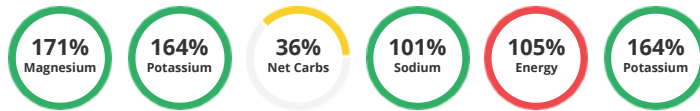
Nutrients for Wednesday, October 7, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
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Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
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Lipids

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| Fat | 153.2 g | 123% |
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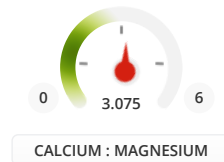
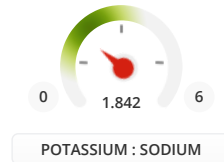
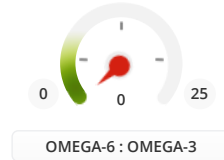
Vitamins

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| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Thursday, October 8, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 12 | minutes | -376 |
| | Sleep (Oura) | 4.88 | hours | |
| | Heart Rate (Oura) | 67 | bpm | |
| 05:37 | Weight (Withings) | 241.8 | lbs | |
| 05:37 | Body Fat (Withings) | 36.11 | % | |
| 20:33 | Blood Glucose (Keto-Mojo) | 103 | mg/dL | |
| 20:34 | Ketones (Blood) (Keto-Mojo) | 1 | mmol/L | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1856
kcal

CONSUMED

2770
kcal

BURNED

416

Calories Remaining

BUDGET

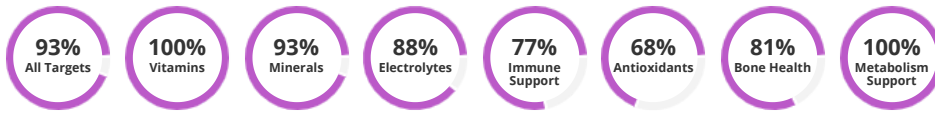
Macronutrient Targets

| | |
|-----------|---|
| Energy | 1856 (1480 net) kcal / 1762 kcal (105%) |
| Protein | 123.8 g / 142.0 g (87%) |
| Net Carbs | 5.5 g / 15.0 g (36%) |
| Fat | 153.2 g / 124.0 g (123%) |

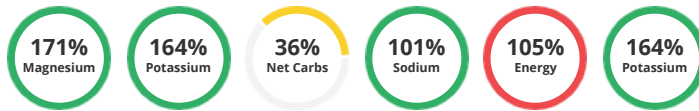
Nutrients for Thursday, October 8, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

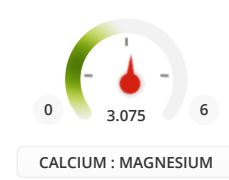
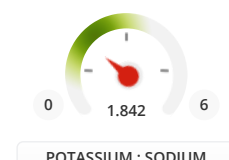
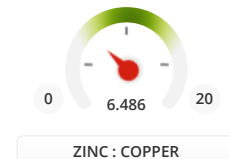
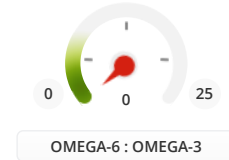
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

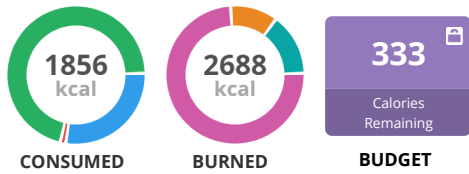
Nutrient Balances



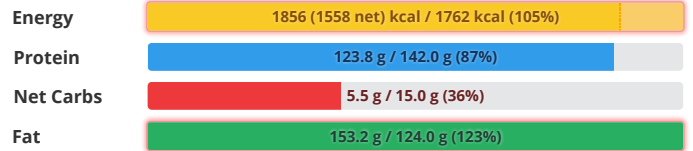
Diary for Friday, October 9, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 23 | minutes | -298 |
| | Sleep (Oura) | 8.07 | hours | |
| | Heart Rate (Oura) | 66 | bpm | |
| 07:07 | Weight (Withings) | 240.79 | lbs | |
| 07:07 | Body Fat (Withings) | 35.6 | % | |
| 08:07 | Body Fat (Withings) | 35.6 | % | |
| 09:57 | Ketones (Blood) (Keto-Mojo) | 1.3 | mmol/L | |
| 09:57 | Blood Glucose (Keto-Mojo) | 93 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



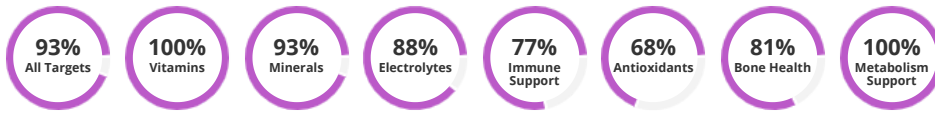
Macronutrient Targets



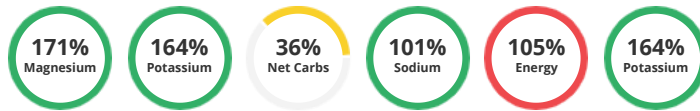
Nutrients for Friday, October 9, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

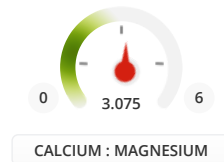
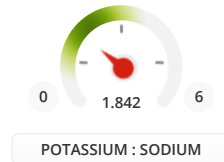
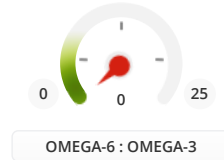
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Saturday, October 10, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 5 | minutes | -335 |
| | Sleep (Oura) | 5.63 | hours | |
| | Heart Rate (Oura) | 66 | bpm | |
| 07:10 | Weight (Withings) | 240.92 | lbs | |
| 07:41 | Ketones (Blood) (Keto-Mojo) | 1 | mmol/L | |
| 07:41 | Blood Glucose (Keto-Mojo) | 116 | mg/dL | |
| 08:10 | Body Fat (Withings) | 36.88 | % | |
| 21:38 | Ketones (Blood) (Keto-Mojo) | 0.8 | mmol/L | |
| 21:38 | Blood Glucose (Keto-Mojo) | 112 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1856
kcal

CONSUMED

2732
kcal

BURNED

378

Calories Remaining

BUDGET

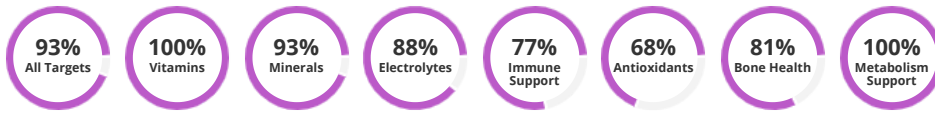
Macronutrient Targets

| | |
|------------------|---|
| Energy | 1856 (1521 net) kcal / 1762 kcal (105%) |
| Protein | 123.8 g / 142.0 g (87%) |
| Net Carbs | 5.5 g / 15.0 g (36%) |
| Fat | 153.2 g / 124.0 g (123%) |

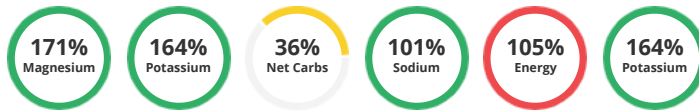
Nutrients for Saturday, October 10, 2020

Nutrient Targets

Nutrition Scores (i)



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

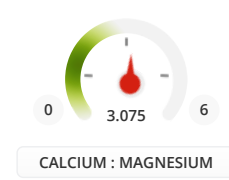
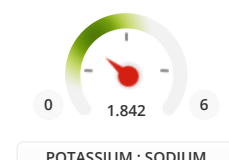
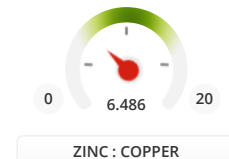
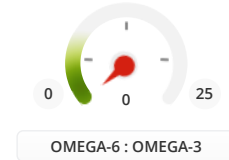
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

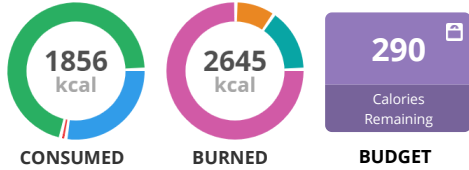
Nutrient Balances



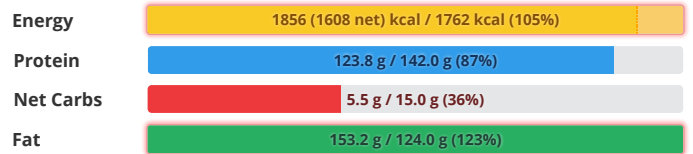
Diary for Sunday, October 11, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 7 | minutes | -248 |
| | Sleep (Oura) | 6.59 | hours | |
| | Heart Rate (Oura) | 62 | bpm | |
| 07:23 | Weight (Withings) | 240.74 | lbs | |
| 07:23 | Body Fat (Withings) | 35.66 | % | |
| 13:52 | Ketones (Blood) (Keto-Mojo) | 1.5 | mmol/L | |
| 13:52 | Blood Glucose (Keto-Mojo) | 96 | mg/dL | |
| 18:56 | Ketones (Blood) (Keto-Mojo) | 1.5 | mmol/L | |
| 18:56 | Blood Glucose (Keto-Mojo) | 89 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



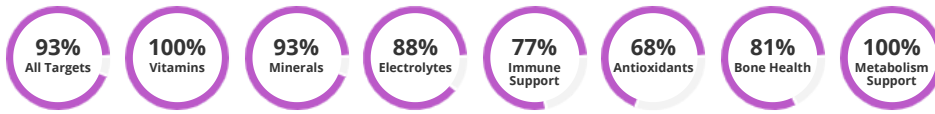
Macronutrient Targets



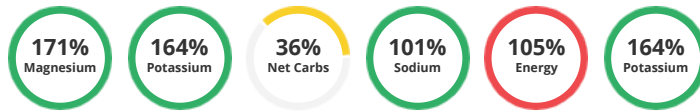
Nutrients for Sunday, October 11, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

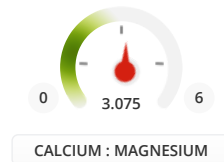
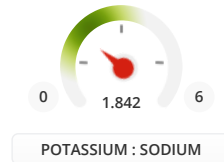
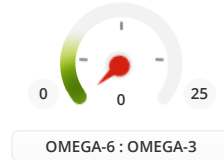
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Monday, October 12, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 4 | minutes | -205 |
| | Sleep (Oura) | 6.28 | hours | |
| | Heart Rate (Oura) | 64 | bpm | |
| 06:06 | Weight (Withings) | 239.89 | lbs | |
| 06:06 | Body Fat (Withings) | 35.89 | % | |
| 21:12 | Ketones (Blood) (Keto-Mojo) | 2 | mmol/L | |
| 21:12 | Blood Glucose (Keto-Mojo) | 94 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2603
kcal

BURNED

253

Calories Remaining

BUDGET

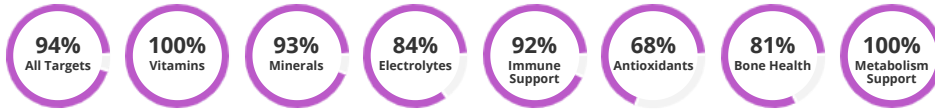
Macronutrient Targets

| | |
|------------------|---|
| Energy | <div style="background-color: #ffc107; height: 10px; width: 100%;"></div> 1850 (1645 net) kcal / 1762 kcal (105%) |
| Protein | <div style="background-color: #17a2b8; height: 10px; width: 88%;"></div> 125.2 g / 142.0 g (88%) |
| Net Carbs | <div style="background-color: #dc3545; height: 10px; width: 37%;"></div> 5.6 g / 15.0 g (37%) |
| Fat | <div style="background-color: #28a745; height: 10px; width: 119%;"></div> 148.1 g / 124.0 g (119%) |

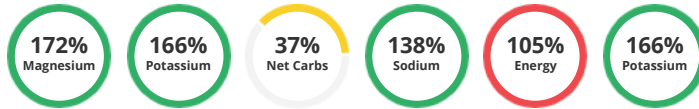
Nutrients for Monday, October 12, 2020

Nutrient Targets

Nutrition Scores ?



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

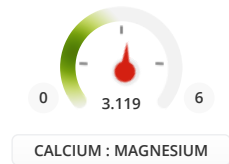
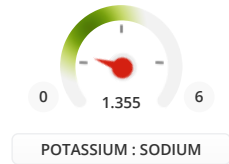
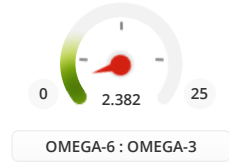
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |


Nutrient Balances



Diary for Tuesday, October 13, 2020


| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | 🏃 Daily Activity (Oura) | 7 | minutes | -334 |
| | 🛌 Sleep (Oura) | 5.77 | hours | |
| | 📊 Heart Rate (Oura) | 68 | bpm | |
| 05:42 | 📊 Weight (Withings) | 239.39 | lbs | |
| 05:42 | 📊 Body Fat (Withings) | 36.68 | % | |
| 16:14 | 📊 Ketones (Blood) (Keto-Mojo) | 1.6 | mmol/L | |
| 16:14 | 📊 Blood Glucose (Keto-Mojo) | 92 | mg/dL | |
| 09:46 | 🍏 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | 🍏 Butter, Salted | 175 | g | 0.11 |
| 12:08 | 🍏 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



1850
kcal

CONSUMED



2731
kcal

BURNED

381 📄

Calories Remaining

BUDGET

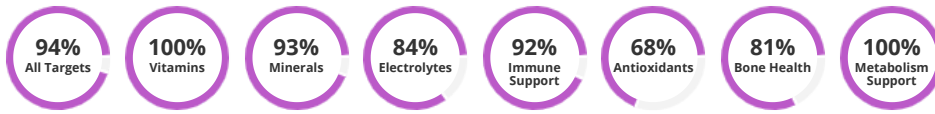
Macronutrient Targets

| | |
|------------------|---|
| Energy | 1850 (1516 net) kcal / 1762 kcal (105%) |
| Protein | 125.2 g / 142.0 g (88%) |
| Net Carbs | 5.6 g / 15.0 g (37%) |
| Fat | 148.1 g / 124.0 g (119%) |

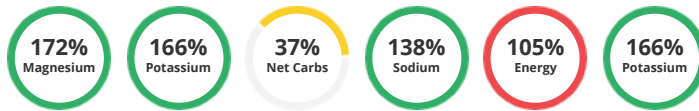
Nutrients for Tuesday, October 13, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

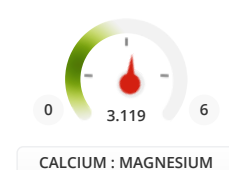
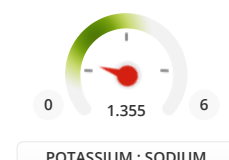
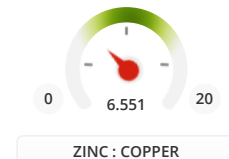
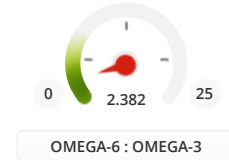
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



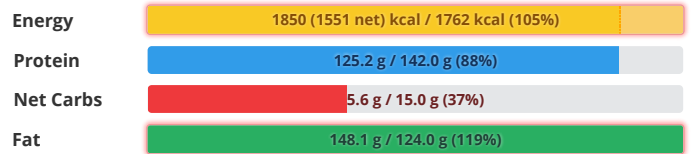
Diary for Wednesday, October 14, 2020

| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | 🏃 Daily Activity (Oura) | 8 | minutes | -299 |
| | 🛌 Sleep (Oura) | 4.7 | hours | |
| | 📊 Heart Rate (Oura) | 72 | bpm | |
| 06:11 | 📊 Weight (Withings) | 239.15 | lbs | |
| 06:11 | 📊 Body Fat (Withings) | 36.07 | % | |
| 11:07 | 📊 Ketones (Blood) (Keto-Mojo) | 1.6 | mmol/L | |
| 11:08 | 📊 Blood Glucose (Keto-Mojo) | 99 | mg/dL | |
| 20:56 | 📊 Ketones (Blood) (Keto-Mojo) | 1.8 | mmol/L | |
| 20:56 | 📊 Blood Glucose (Keto-Mojo) | 94 | mg/dL | |
| 09:46 | 🍎 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | 🍎 Butter, Salted | 175 | g | 0.11 |
| 12:08 | 🍎 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



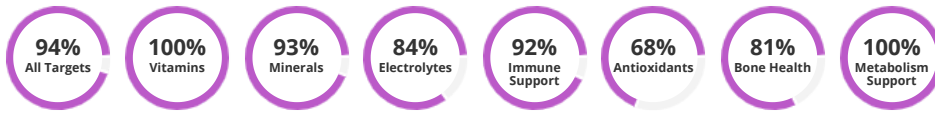
Macronutrient Targets



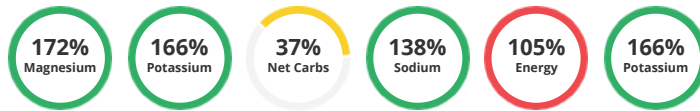
Nutrients for Wednesday, October 14, 2020

Nutrient Targets

Nutrition Scores (i)



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

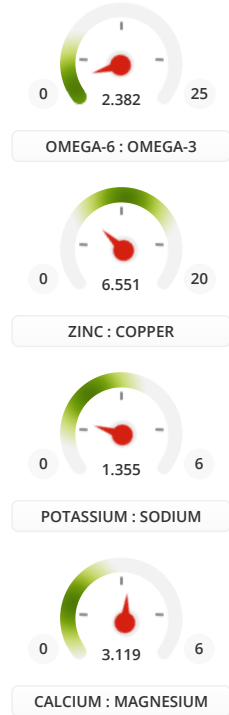
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Thursday, October 15, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 1 | minutes | -144 |
| | Sleep (Oura) | 4.3 | hours | |
| | Heart Rate (Oura) | 73 | bpm | |
| 06:30 | Weight (Withings) | 238.92 | lbs | |
| 06:30 | Body Fat (Withings) | 34.78 | % | |
| 21:27 | Ketones (Blood) (Keto-Mojo) | 1.1 | mmol/L | |
| 21:27 | Blood Glucose (Keto-Mojo) | 98 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2543
kcal

BURNED

194

Calories Remaining

BUDGET

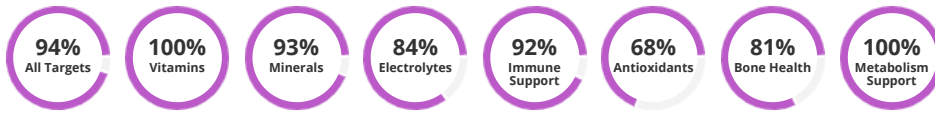
Macronutrient Targets

| | |
|------------------|---|
| Energy | <div style="width: 105%; background-color: #ffc107; height: 10px; border: 1px solid #ccc;"></div> 1850 (1706 net) kcal / 1762 kcal (105%) |
| Protein | <div style="width: 88%; background-color: #17a2b8; height: 10px; border: 1px solid #ccc;"></div> 125.2 g / 142.0 g (88%) |
| Net Carbs | <div style="width: 37%; background-color: #dc3545; height: 10px; border: 1px solid #ccc;"></div> 5.6 g / 15.0 g (37%) |
| Fat | <div style="width: 119%; background-color: #28a745; height: 10px; border: 1px solid #ccc;"></div> 148.1 g / 124.0 g (119%) |

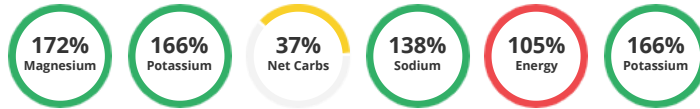
Nutrients for Thursday, October 15, 2020

Nutrient Targets

Nutrition Scores (i)



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

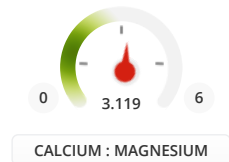
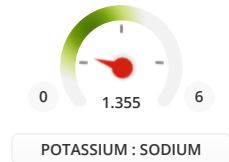
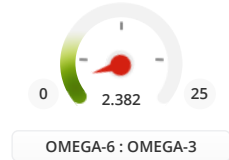
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Friday, October 16, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 10 | minutes | -209 |
| | Sleep (Oura) | 7.21 | hours | |
| | Heart Rate (Oura) | 69 | bpm | |
| 06:15 | Weight (Withings) | 238.39 | lbs | |
| 06:15 | Body Fat (Withings) | 35.55 | % | |
| 20:31 | Ketones (Blood) (Keto-Mojo) | 1.4 | mmol/L | |
| 20:31 | Blood Glucose (Keto-Mojo) | 107 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2604
kcal

BURNED

255

Calories Remaining

BUDGET

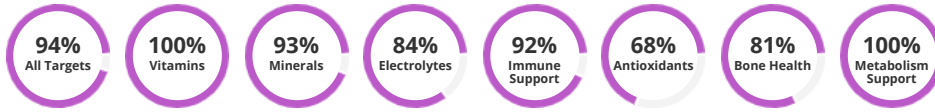
Macronutrient Targets

| | |
|------------------|--|
| Energy | <div style="background-color: #ffc107; height: 10px; width: 100%; position: relative;">1850 (1641 net) kcal / 1762 kcal (105%)</div> |
| Protein | <div style="background-color: #17a2b8; height: 10px; width: 88%; position: relative;">125.2 g / 142.0 g (88%)</div> |
| Net Carbs | <div style="background-color: #dc3545; height: 10px; width: 37%; position: relative;">5.6 g / 15.0 g (37%)</div> |
| Fat | <div style="background-color: #28a745; height: 10px; width: 119%; position: relative;">148.1 g / 124.0 g (119%)</div> |

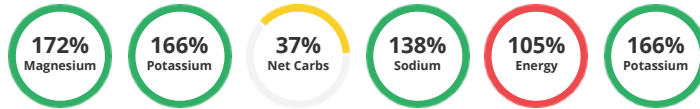
Nutrients for Friday, October 16, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

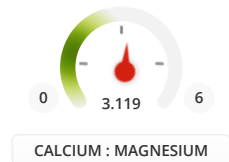
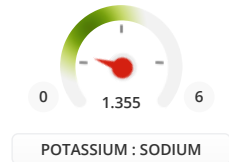
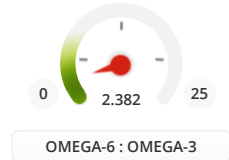
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |


Nutrient Balances



Diary for Saturday, October 17, 2020

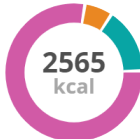
| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | 🏃 Daily Activity (Oura) | 9 | minutes | -169 |
| | 🛌 Sleep (Oura) | 6.32 | hours | |
| | 📊 Heart Rate (Oura) | 68 | bpm | |
| 11:12 | 📊 Weight (Withings) | 237.13 | lbs | |
| 11:12 | 📊 Body Fat (Withings) | 35.2 | % | |
| 21:55 | 📊 Blood Glucose (Keto-Mojo) | 88 | mg/dL | |
| 21:56 | 📊 Ketones (Blood) (Keto-Mojo) | 1.9 | mmol/L | |
| 09:46 | 🍎 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | 🍷 Butter, Salted | 175 | g | 0.11 |
| 12:08 | 🍷 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



1850
kcal

CONSUMED



2565
kcal

BURNED

215

Calories Remaining

BUDGET

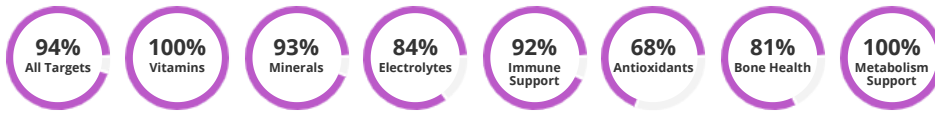
Macronutrient Targets

| | |
|------------------|---|
| Energy | 1850 (1681 net) kcal / 1762 kcal (105%) |
| Protein | 125.2 g / 142.0 g (88%) |
| Net Carbs | 5.6 g / 15.0 g (37%) |
| Fat | 148.1 g / 124.0 g (119%) |

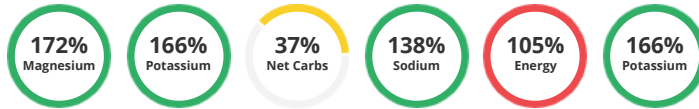
Nutrients for Saturday, October 17, 2020

Nutrient Targets

Nutrition Scores ?



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

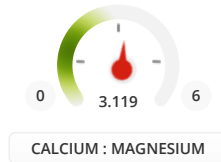
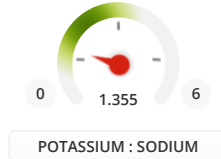
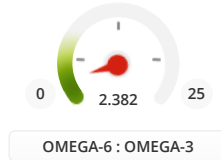
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

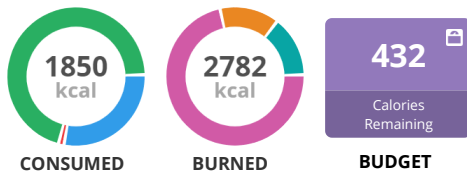
Nutrient Balances



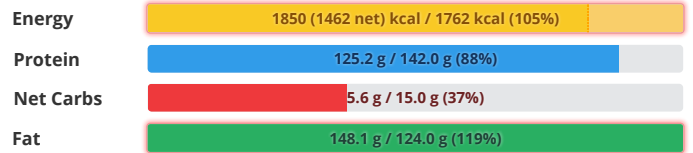
Diary for Sunday, October 18, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 14 | minutes | -388 |
| | Sleep (Oura) | 6.23 | hours | |
| | Heart Rate (Oura) | 69 | bpm | |
| 07:23 | Weight (Withings) | 237.6 | lbs | |
| 07:23 | Body Fat (Withings) | 35.11 | % | |
| 11:28 | Blood Glucose (Keto-Mojo) | 92 | mg/dL | |
| 11:29 | Ketones (Blood) (Keto-Mojo) | 1.2 | mmol/L | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



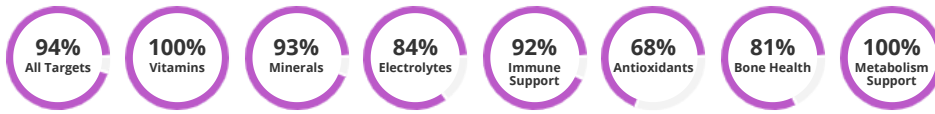
Macronutrient Targets



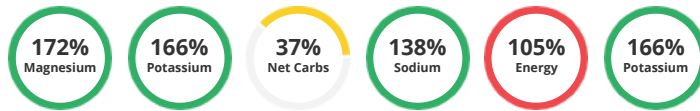
Nutrients for Sunday, October 18, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

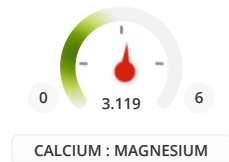
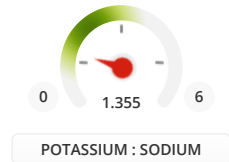
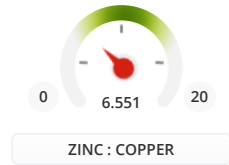
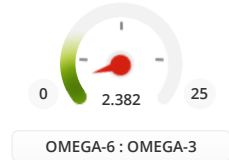
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Monday, October 19, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 16 | minutes | -409 |
| | Sleep (Oura) | 8.18 | hours | |
| | Heart Rate (Oura) | 69 | bpm | |
| 06:54 | Weight (Withings) | 236.71 | lbs | |
| 06:54 | Body Fat (Withings) | 36.74 | % | |
| 20:39 | Blood Glucose (Keto-Mojo) | 114 | mg/dL | |
| 20:40 | Ketones (Blood) (Keto-Mojo) | 1.1 | mmol/L | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1856
kcal

CONSUMED

2802
kcal

BURNED

447

Calories Remaining

BUDGET

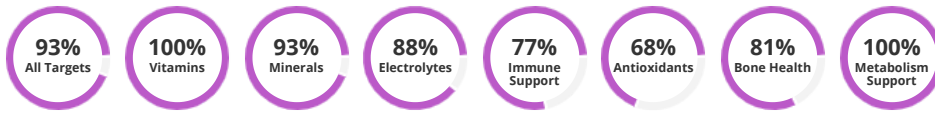
Macronutrient Targets

| | |
|-----------|---|
| Energy | 1856 (1447 net) kcal / 1762 kcal (105%) |
| Protein | 123.8 g / 142.0 g (87%) |
| Net Carbs | 5.5 g / 15.0 g (36%) |
| Fat | 153.2 g / 124.0 g (123%) |

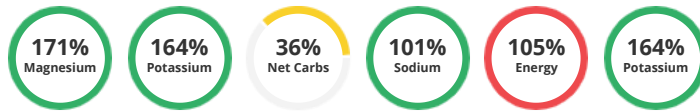
Nutrients for Monday, October 19, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

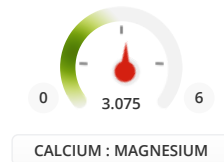
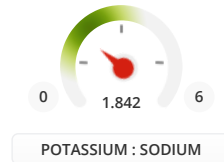
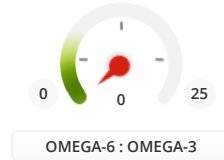
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



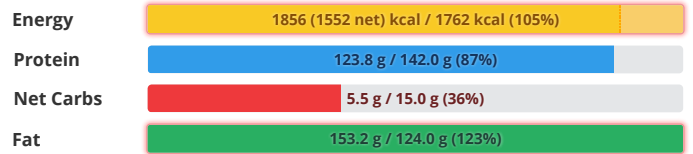
Diary for Tuesday, October 20, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|-------------------|------------|---------------|
| | Daily Activity (Oura) | | 5 minutes | -304 |
| | Sleep (Oura) | | 7.4 hours | |
| | Heart Rate (Oura) | | 70 bpm | |
| 21:05 | Blood Glucose (Keto-Mojo) | | 93 mg/dL | |
| 21:06 | Ketones (Blood) (Keto-Mojo) | | 1.5 mmol/L | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 Cup | | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 scoop | | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 Tbsp. (15mL) | | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 g | | 0 |

Calories Summary



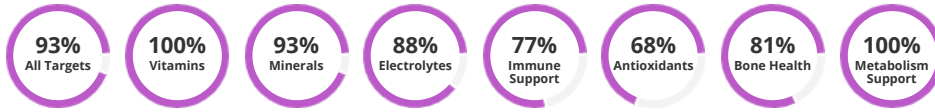
Macronutrient Targets



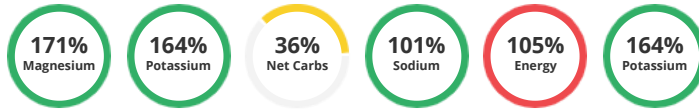
Nutrients for Tuesday, October 20, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

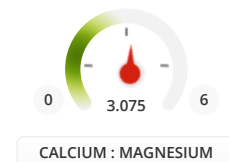
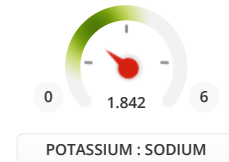
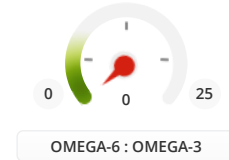
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Wednesday, October 21, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|-------------------|------------|---------------|
| | Daily Activity (Oura) | | 7 minutes | -173 |
| | Sleep (Oura) | | 7.19 hours | |
| | Heart Rate (Oura) | | 68 bpm | |
| 20:20 | Ketones (Blood) (Keto-Mojo) | | 1.7 mmol/L | |
| 20:20 | Blood Glucose (Keto-Mojo) | | 106 mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 Cup | | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 scoop | | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 Tbsp. (15mL) | | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 g | | 0 |

Calories Summary

1856
kcal

CONSUMED

2570
kcal

BURNED

215

Calories Remaining

BUDGET

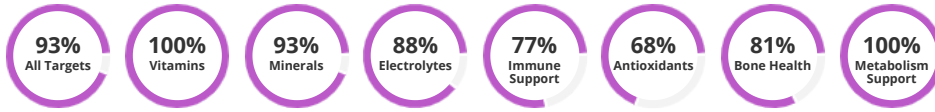
Macronutrient Targets

| | |
|------------------|--|
| Energy | <div style="width: 105%; background-color: #ffc107; border: 1px solid #ccc; padding: 2px;">1856 (1683 net) kcal / 1762 kcal (105%)</div> |
| Protein | <div style="width: 87%; background-color: #17a2b8; border: 1px solid #ccc; padding: 2px;">123.8 g / 142.0 g (87%)</div> |
| Net Carbs | <div style="width: 36%; background-color: #dc3545; border: 1px solid #ccc; padding: 2px;">5.5 g / 15.0 g (36%)</div> |
| Fat | <div style="width: 123%; background-color: #28a745; border: 1px solid #ccc; padding: 2px;">153.2 g / 124.0 g (123%)</div> |

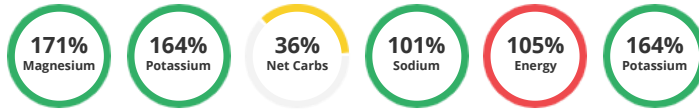
Nutrients for Wednesday, October 21, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

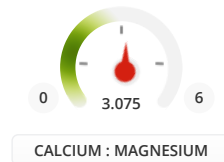
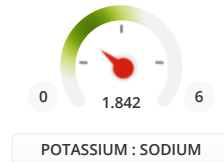
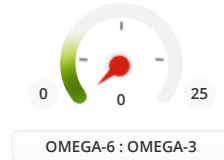
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



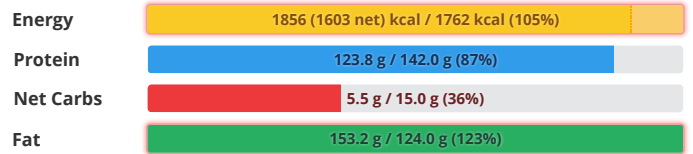
Diary for Thursday, October 22, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|-------------------|------------|---------------|
| | Daily Activity (Oura) | | 6 minutes | -253 |
| | Sleep (Oura) | | 8.29 hours | |
| | Heart Rate (Oura) | | 65 bpm | |
| 19:16 | Ketones (Blood) (Keto-Mojo) | | 1.8 mmol/L | |
| 19:17 | Blood Glucose (Keto-Mojo) | | 103 mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 Cup | | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 scoop | | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 Tbsp. (15mL) | | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 g | | 0 |

Calories Summary



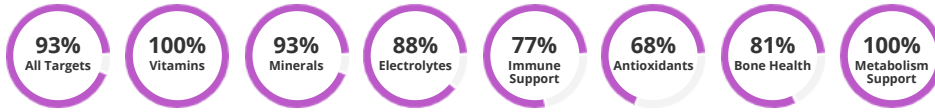
Macronutrient Targets



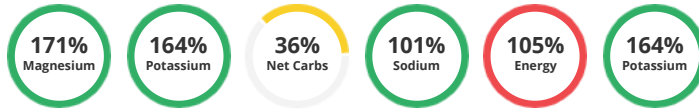
Nutrients for Thursday, October 22, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

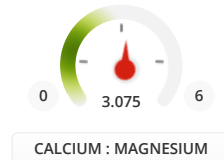
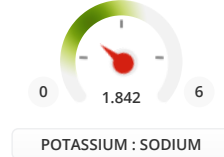
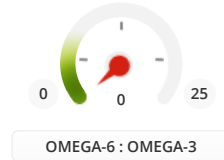
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



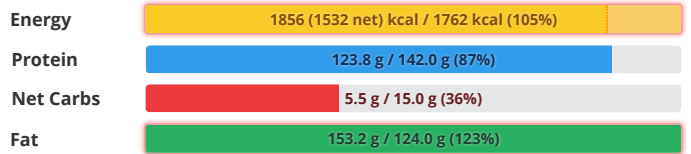
Diary for Friday, October 23, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 11 | minutes | -324 |
| | Sleep (Oura) | 7.24 | hours | |
| | Heart Rate (Oura) | 65 | bpm | |
| 21:55 | Ketones (Blood) (Keto-Mojo) | 0.8 | mmol/L | |
| 21:55 | Blood Glucose (Keto-Mojo) | 108 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



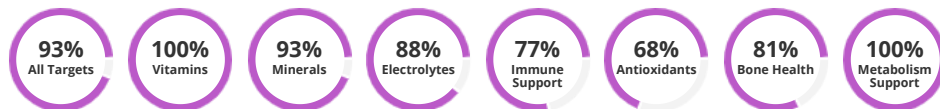
Macronutrient Targets



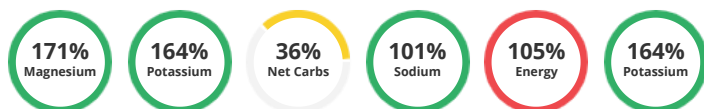
Nutrients for Friday, October 23, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

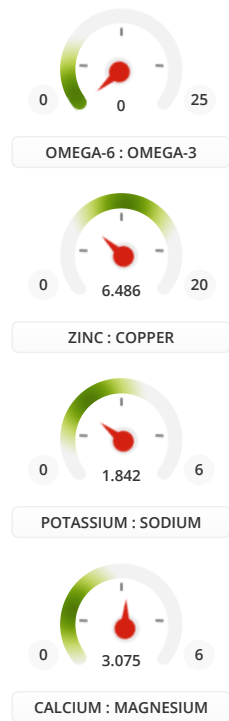
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



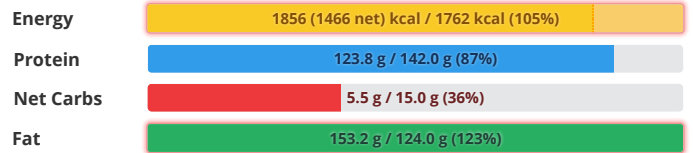
Diary for Saturday, October 24, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 13 | minutes | -390 |
| | Sleep (Oura) | 6.45 | hours | |
| | Heart Rate (Oura) | 67 | bpm | |
| 07:44 | Weight (Withings) | 233.03 | lbs | |
| 07:44 | Body Fat (Withings) | 36.62 | % | |
| 22:10 | Ketones (Blood) (Keto-Mojo) | 1.5 | mmol/L | |
| 22:10 | Blood Glucose (Keto-Mojo) | 97 | mg/dL | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



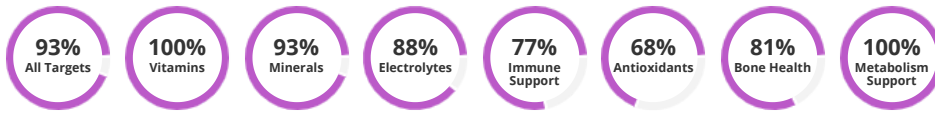
Macronutrient Targets



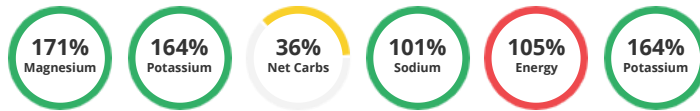
Nutrients for Saturday, October 24, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

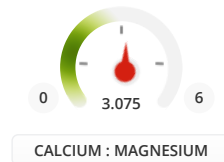
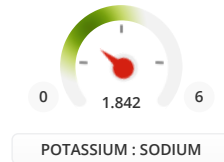
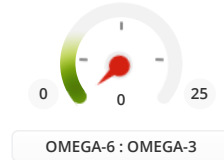
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Sunday, October 25, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|---------|--------------|---------------|
| | Daily Activity (Oura) | 7 | minutes | -295 |
| | Sleep (Oura) | 6.08 | hours | |
| | Heart Rate (Oura) | 66 | bpm | |
| 06:18 | Weight (Withings) | 235.25 | lbs | |
| 06:18 | Body Fat (Withings) | 34.09 | % | |
| 20:24 | Blood Glucose (Keto-Mojo) | 82 | mg/dL | |
| 20:25 | Ketones (Blood) (Keto-Mojo) | 1.7 | mmol/L | |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 × 1/3 | Cup | 0 |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:58 | Kirkland Signature, Extra Virgin Olive Oil, 100% Italian | 10.5 | Tbsp. (15mL) | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1856
kcal

CONSUMED

2692
kcal

BURNED

337

Calories Remaining

BUDGET

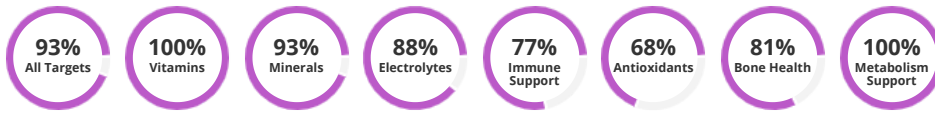
Macronutrient Targets

| | |
|-----------|---|
| Energy | 1856 (1561 net) kcal / 1762 kcal (105%) |
| Protein | 123.8 g / 142.0 g (87%) |
| Net Carbs | 5.5 g / 15.0 g (36%) |
| Fat | 153.2 g / 124.0 g (123%) |

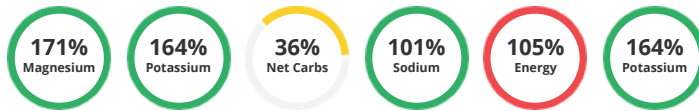
Nutrients for Sunday, October 25, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1855.7 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.7 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | - g | No Target |
| Sugars | 2.3 g | No Target |
| Sugar Alcohol | - g | No Target |
| Net Carbs | 5.5 g | 36% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 153.2 g | 123% |
| Monounsaturated | 105.0 g | No Target |
| Polyunsaturated | 21.0 g | No Target |
| Omega-3 | 1.0 g | 65% |

Protein

| | | |
|---------|---------|-----|
| Protein | 123.8 g | 87% |
|---------|---------|-----|

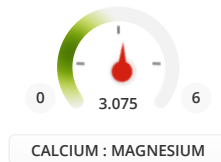
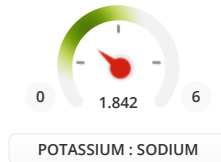
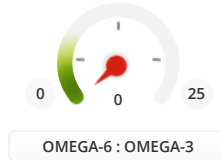
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 136% |
| B3 (Niacin) | 20.3 mg | 126% |
| B5 (Pantothenic Acid) | 10.0 mg | 200% |
| B6 (Pyridoxine) | 2.0 mg | 154% |
| B12 (Cobalamin) | 6.0 µg | 250% |
| Folate | 409.0 µg | 102% |
| Vitamin A | 3003.0 IU | 100% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3292.0 IU | 548% |
| Vitamin E | 24.0 mg | 160% |
| Vitamin K | 120.0 µg | 100% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2218.0 mg | 221% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 262% |
| Magnesium | 721.2 mg | 171% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1257.0 mg | 179% |
| Potassium | 5605.0 mg | 164% |
| Selenium | 212.0 µg | 385% |
| Sodium | 3042.7 mg | 101% |
| Zinc | 15.8 mg | 143% |

Nutrient Balances



Diary for Monday, October 26, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 10 | minutes | -259 |
| | Sleep (Oura) | 6.74 | hours | |
| | Heart Rate (Oura) | 67 | bpm | |
| 05:39 | Weight (Withings) | 234.57 | lbs | |
| 05:39 | Body Fat (Withings) | 35.16 | % | |
| 20:48 | Ketones (Blood) (Keto-Mojo) | 1.7 | mmol/L | |
| 20:48 | Blood Glucose (Keto-Mojo) | 83 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2654
kcal

BURNED

305

Calories Remaining

BUDGET

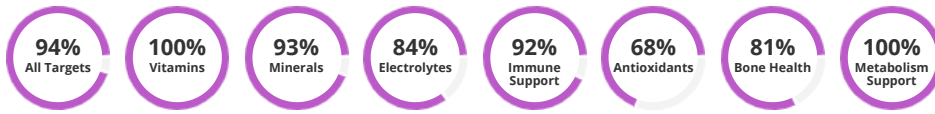
Macronutrient Targets

| | |
|------------------|--|
| Energy | <div style="background-color: #ffc107; height: 10px; width: 100%; position: relative;">1850 (1591 net) kcal / 1762 kcal (105%)</div> |
| Protein | <div style="background-color: #17a2b8; height: 10px; width: 88%; position: relative;">125.2 g / 142.0 g (88%)</div> |
| Net Carbs | <div style="background-color: #dc3545; height: 10px; width: 37%; position: relative;">5.6 g / 15.0 g (37%)</div> |
| Fat | <div style="background-color: #28a745; height: 10px; width: 119%; position: relative;">148.1 g / 124.0 g (119%)</div> |

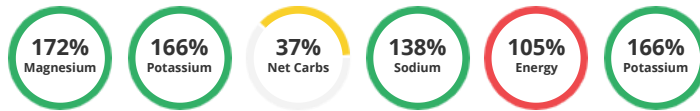
Nutrients for Monday, October 26, 2020

Nutrient Targets

Nutrition Scores ?



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

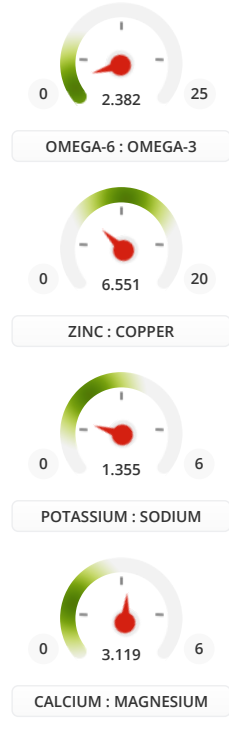
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Tuesday, October 27, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 4 | minutes | -190 |
| | Sleep (Oura) | 5.74 | hours | |
| | Heart Rate (Oura) | 68 | bpm | |
| 05:57 | Weight (Withings) | 235.48 | lbs | |
| 05:57 | Body Fat (Withings) | 34.3 | % | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2588
kcal

BURNED

238

Calories Remaining

BUDGET

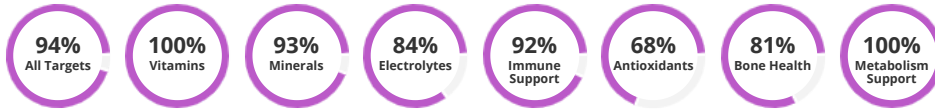
Macronutrient Targets

| | |
|------------------|--|
| Energy | <div style="background-color: #ffc107; width: 105%; text-align: center; padding: 2px;">1850 (1660 net) kcal / 1762 kcal (105%)</div> |
| Protein | <div style="background-color: #17a2b8; width: 88%; text-align: center; padding: 2px;">125.2 g / 142.0 g (88%)</div> |
| Net Carbs | <div style="background-color: #dc3545; width: 37%; text-align: center; padding: 2px;">5.6 g / 15.0 g (37%)</div> |
| Fat | <div style="background-color: #28a745; width: 119%; text-align: center; padding: 2px;">148.1 g / 124.0 g (119%)</div> |

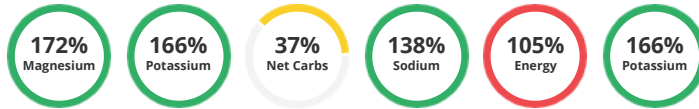
Nutrients for Tuesday, October 27, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

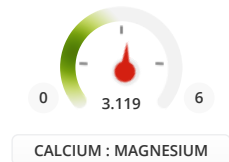
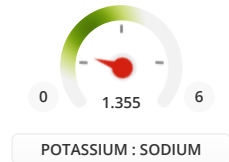
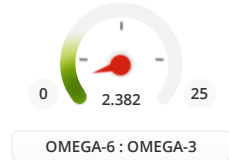
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



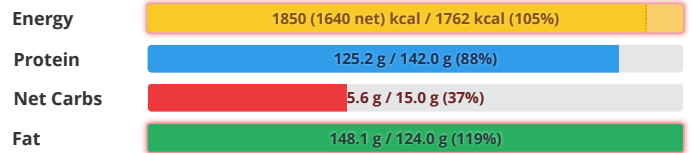
Diary for Wednesday, October 28, 2020

| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | 🏃 Daily Activity (Oura) | 2 | minutes | -210 |
| | 🛌 Sleep (Oura) | 4.71 | hours | |
| | 📊 Heart Rate (Oura) | 69 | bpm | |
| 06:11 | 📊 Weight (Withings) | 234.52 | lbs | |
| 06:11 | 📊 Body Fat (Withings) | 33.59 | % | |
| 20:15 | 📊 Ketones (Blood) (Keto-Mojo) | 1.5 | mmol/L | |
| 20:16 | 📊 Blood Glucose (Keto-Mojo) | 99 | mg/dL | |
| 09:46 | 🍎 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | 🍷 Butter, Salted | 175 | g | 0.11 |
| 12:08 | 🍷 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



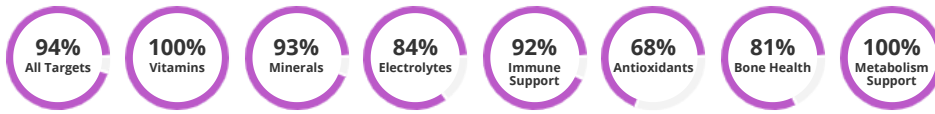
Macronutrient Targets



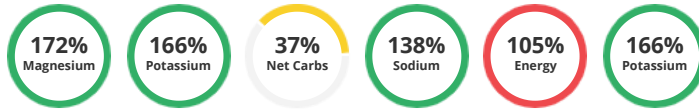
Nutrients for Wednesday, October 28, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

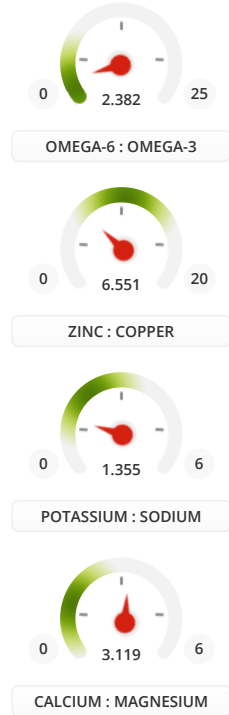
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Thursday, October 29, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 9 | minutes | -232 |
| | Sleep (Oura) | 6.2 | hours | |
| | Heart Rate (Oura) | 71 | bpm | |
| 06:10 | Weight (Withings) | 234.69 | lbs | |
| 06:10 | Body Fat (Withings) | 34.08 | % | |
| 21:16 | Blood Glucose (Keto-Mojo) | 99 | mg/dL | |
| 21:17 | Ketones (Blood) (Keto-Mojo) | 1.1 | mmol/L | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2628
kcal

BURNED

278

Calories Remaining

BUDGET

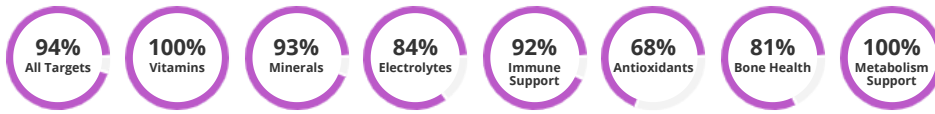
Macronutrient Targets

| | |
|------------------|--|
| Energy | <div style="background-color: #ffc107; width: 105%; text-align: center; padding: 2px;">1850 (1618 net) kcal / 1762 kcal (105%)</div> |
| Protein | <div style="background-color: #17a2b8; width: 88%; text-align: center; padding: 2px;">125.2 g / 142.0 g (88%)</div> |
| Net Carbs | <div style="background-color: #dc3545; width: 37%; text-align: center; padding: 2px;">5.6 g / 15.0 g (37%)</div> |
| Fat | <div style="background-color: #28a745; width: 119%; text-align: center; padding: 2px;">148.1 g / 124.0 g (119%)</div> |

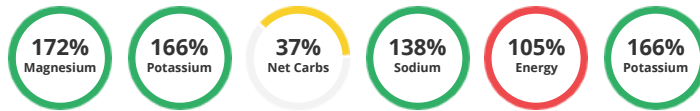
Nutrients for Thursday, October 29, 2020

Nutrient Targets

Nutrition Scores (i)



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

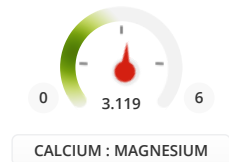
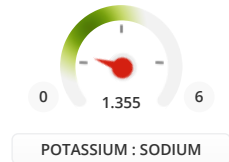
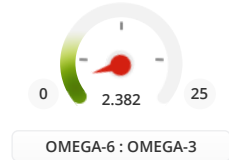
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



Diary for Friday, October 30, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 4 | minutes | -277 |
| | Sleep (Oura) | 6.32 | hours | |
| | Heart Rate (Oura) | 67 | bpm | |
| 05:55 | Weight (Withings) | 233.75 | lbs | |
| 05:55 | Body Fat (Withings) | 34.56 | % | |
| 20:23 | Ketones (Blood) (Keto-Mojo) | 1.1 | mmol/L | |
| 20:24 | Blood Glucose (Keto-Mojo) | 89 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary

1850
kcal

CONSUMED

2675
kcal

BURNED

325

Calories Remaining

BUDGET

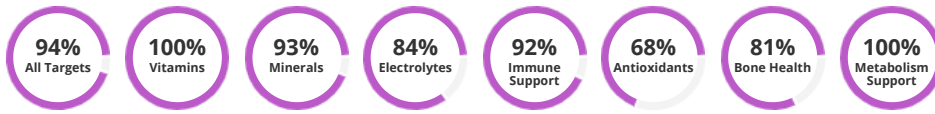
Macronutrient Targets

| | |
|------------------|---|
| Energy | 1850 (1573 net) kcal / 1762 kcal (105%) |
| Protein | 125.2 g / 142.0 g (88%) |
| Net Carbs | 5.6 g / 15.0 g (37%) |
| Fat | 148.1 g / 124.0 g (119%) |

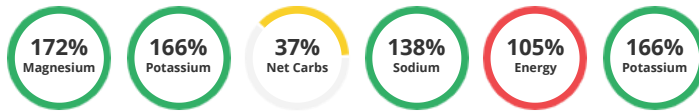
Nutrients for Friday, October 30, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

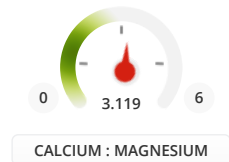
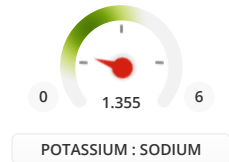
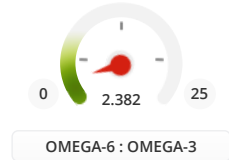
Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
| B2 (Riboflavin) | 1.8 mg | 140% |
| B3 (Niacin) | 20.4 mg | 127% |
| B5 (Pantothenic Acid) | 10.2 mg | 204% |
| B6 (Pyridoxine) | 2.0 mg | 155% |
| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



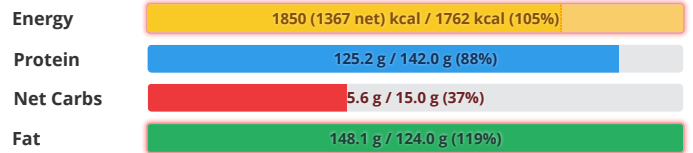
Diary for Saturday, October 31, 2020

| | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | Daily Activity (Oura) | 30 | minutes | -483 |
| | Sleep (Oura) | 7.61 | hours | |
| | Heart Rate (Oura) | 68 | bpm | |
| 08:46 | Weight (Withings) | 232.52 | lbs | |
| 08:46 | Body Fat (Withings) | 33.63 | % | |
| 22:12 | Ketones (Blood) (Keto-Mojo) | 1.6 | mmol/L | |
| 22:12 | Blood Glucose (Keto-Mojo) | 89 | mg/dL | |
| 09:46 | Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | Butter, Salted | 175 | g | 0.11 |
| 12:08 | Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



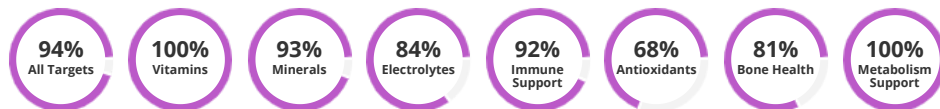
Macronutrient Targets



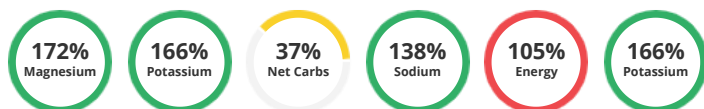
Nutrients for Saturday, October 31, 2020

Nutrient Targets

Nutrition Scores ⓘ



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
| Omega-3 | 1.6 g | 99% |

Protein

| | | |
|---------|---------|-----|
| Protein | 125.2 g | 88% |
|---------|---------|-----|

Vitamins

| | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 125% |
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| B3 (Niacin) | 20.4 mg | 127% |
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| Vitamin A | 7376.3 IU | 245% |
| Vitamin C | 360.0 mg | 400% |
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| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

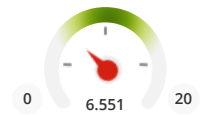
Minerals

| | | |
|------------|-----------|------|
| Calcium | 2260.0 mg | 225% |
| Copper | 2.4 mg | 270% |
| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
| Potassium | 5647.0 mg | 166% |
| Selenium | 213.8 µg | 388% |
| Sodium | 4167.9 mg | 138% |
| Zinc | 15.9 mg | 144% |

Nutrient Balances



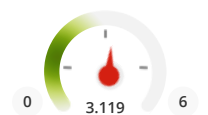
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM




CALCIUM : MAGNESIUM

Diary for Sunday, November 1, 2020


| 🕒 | Description | Amount | Unit | Net Carbs (g) |
|-------|---|--------|-----------|---------------|
| | 🏃 Daily Activity (Oura) | 20 | minutes | -331 |
| | 🛌 Sleep (Oura) | 6.43 | hours | |
| | 📊 Heart Rate (Oura) | 69 | bpm | |
| 07:20 | 📊 Weight (Withings) | 233.84 | lbs | |
| 07:20 | 📊 Body Fat (Withings) | 33.77 | % | |
| 21:50 | 📊 Ketones (Blood) (Keto-Mojo) | 1.2 | mmol/L | |
| 21:50 | 📊 Blood Glucose (Keto-Mojo) | 103 | mg/dL | |
| 09:46 | 🍎 Keto Chow, v2.5.1, Chocolate | 3 | scoop | 5.52 |
| 09:52 | 🍷 Butter, Salted | 175 | g | 0.11 |
| 12:08 | 🍷 Kirkland Signature, Wild Alaskan Pink Salmon, Boneless & Skinless | 2 | × 1/3 Cup | 0 |
| 07:28 | 🍷 Zen Principle, Beef Gelatin Powder, Unflavored | 10 | g | 0 |

Calories Summary



1850
kcal

CONSUMED



2722
kcal

BURNED

373 📄

Calories Remaining

BUDGET

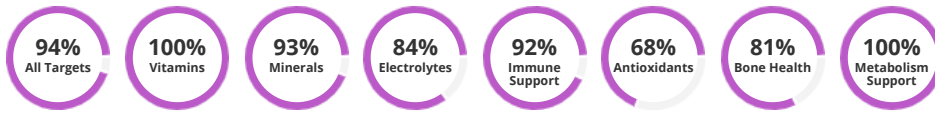
Macronutrient Targets

| | |
|------------------|---|
| Energy | 1850 (1519 net) kcal / 1762 kcal (105%) |
| Protein | 125.2 g / 142.0 g (88%) |
| Net Carbs | 5.6 g / 15.0 g (37%) |
| Fat | 148.1 g / 124.0 g (119%) |

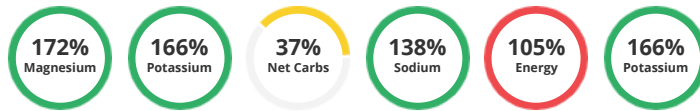
Nutrients for Sunday, November 1, 2020

Nutrient Targets

Nutrition Scores ?



Highlighted Nutrients



General

| | | |
|--------|-------------|------|
| Energy | 1850.4 kcal | 105% |
|--------|-------------|------|

Carbohydrates

| | | |
|---------------|--------|-----------|
| Carbs | 25.8 g | 19% |
| Fiber | 20.2 g | No Target |
| Starch | 0.0 g | No Target |
| Sugars | 2.4 g | No Target |
| Sugar Alcohol | 0.0 g | No Target |
| Net Carbs | 5.6 g | 37% |

Lipids

| | | |
|-----------------|---------|-----------|
| Fat | 148.1 g | 119% |
| Monounsaturated | 36.8 g | No Target |
| Polyunsaturated | 5.3 g | No Target |
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|---------|---------|-----|

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|-----------------------|-----------|------|
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| B12 (Cobalamin) | 6.3 µg | 262% |
| Folate | 414.2 µg | 103% |
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| Vitamin D | 3310.0 IU | 551% |
| Vitamin E | 28.1 mg | 187% |
| Vitamin K | 132.3 µg | 110% |

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| Iron | 10.5 mg | 263% |
| Magnesium | 724.7 mg | 172% |
| Manganese | 2.9 mg | 123% |
| Phosphorus | 1299.0 mg | 185% |
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| Selenium | 213.8 µg | 388% |
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| Zinc | 15.9 mg | 144% |

Nutrient Balances

