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Mar 20

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DAILY TARGET EDITOR

Mon - Carb Cycle Mass Higher Carb

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FOOD

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EXERCISE

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BIOMETRIC

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NOTE

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Supplements

Breakfast

662 kcal • 41 g protein • 30 g carbs • 41 g fat

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Eggs, Cooked

4large310kcal

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Bacon, Pork

4slice - 6" long149.76kcal

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Toast, White Bread, with Margarine

2medium slice202.01kcal

Midmorning Meal

886 kcal • 22 g protein • 32 g carbs • 81 g fat

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Mixed Nuts, without Peanuts, Unsalted

1cup, whole pieces885.6kcal

Lunch

1183 kcal • 118 g protein • 117 g carbs • 29 g fat

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Beef Steak, Sirloin, No Visible Fat Eaten

12oz544.31kcal

🍏

Potato, Boiled with Skin

1large - 3" to 4 1/4" diameter263.72kcal

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Butter, Salted

2pat - 1" square x 1/3" high67.81kcal

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Oatmeal, Regular or Quick, Dry

1cup306.97kcal

Afternoon Meal

231 kcal • 48 g protein • 4 g carbs • 2 g fat

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Whey Protein Powder, 24 Grams of Protein per Scoop

2scoop231.43kcal

Dinner

1591 kcal • 118 g protein • 167 g carbs • 50 g fat

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Blue Hill Bay, Baked Salmon

12oz537.15kcal

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Quinoa, Dry

1cup625.61kcal

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Kevin's, Mashed Sweet Potatoes


2× 1/2 cup360kcal

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Support

https://cronometer.com/#diary

1/6


 Butter, Salted

2 pat - 1" square x 1/3" high

67.81 kcal

Bedtime Meal

193 kcal • 7 g protein • 7 g carbs • 17 g fat

 Peanut Butter, Salted

2 tbsp

192.85 kcal

Biometrics

Energy Summary



Consumed

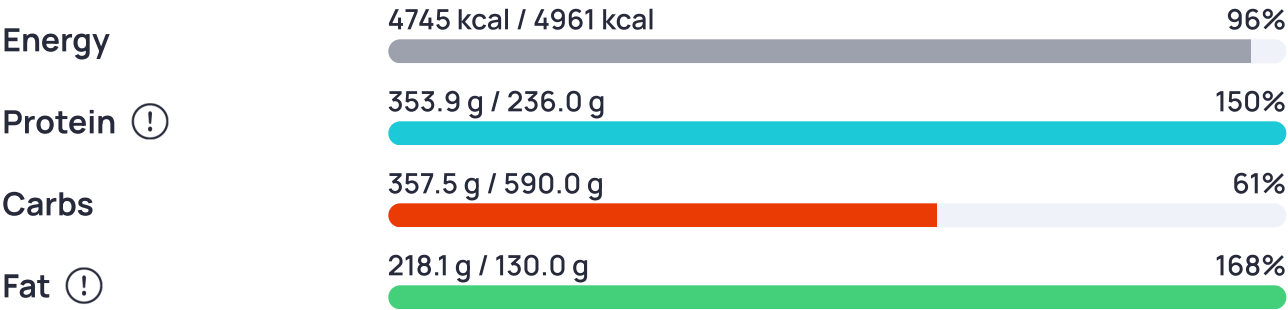


Burned



Over

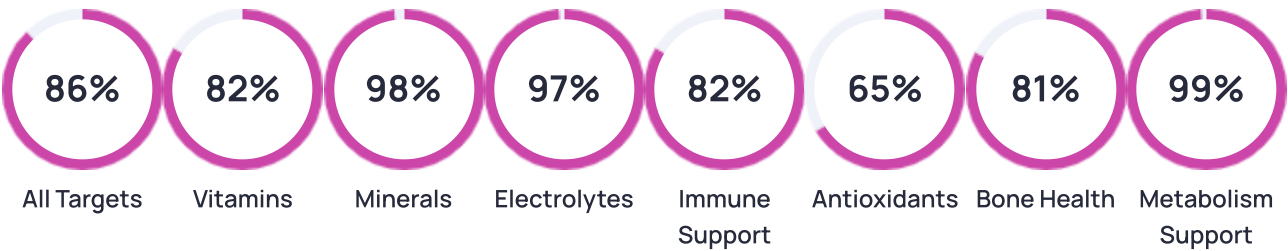
Macronutrient Targets



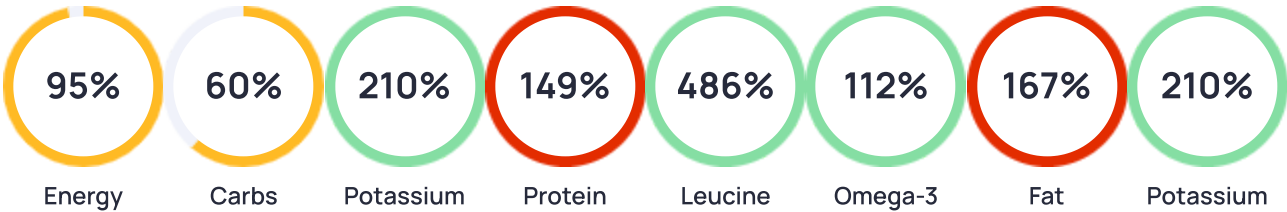
Nutrient Targets

 SUGGEST FOOD

Nutrition Scores



Highlighted Nutrients



General

Energy	4745.0 kcal	<div></div>	96%
Alcohol	0.0 g	<div></div>	N/T
Ash	30.3 g	<div></div>	N/T
Beta-Hydroxybutyrate	- g	<div></div>	N/T
Caffeine	0.0 mg	<div></div>	N/T
Oxalate	919.9 mg	<div></div>	N/T
Water	712.2 g	<div></div>	19%

Carbohydrates

Carbs	357.5 g	<div></div>	61%
Fiber	47.5 g	<div></div>	158%
Starch	208.2 g	<div></div>	N/T
Sugars	51.4 g	<div></div>	N/T
Fructose	3.4 g	<div></div>	N/T
Galactose	0.1 g	<div></div>	N/T
Glucose	9.6 g	<div></div>	N/T
Lactose	3.8 g	<div></div>	N/T
Maltose	1.0 g	<div></div>	N/T
Sucrose	17.5 g	<div></div>	N/T
Added Sugars	11.9 g	<div></div>	N/T
Sugar Alcohol	0.3 g	<div></div>	N/T
Net Carbs	310.0 g	<div></div>	238%

Lipids

Fat	218.1 g	<div></div>	168%
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Monounsaturated	85.7 g		N/T
Polyunsaturated	38.5 g		N/T
Omega-3	1.8 g		113%
Omega-6	35.7 g		255%
Saturated	58.8 g		n/a
Trans-Fats	1.4 g		n/a
Cholesterol	1461.5 mg		N/T
Phytosterol	- mg		N/T

### Protein

Protein	353.9 g		150%
Alanine	13.7 g		N/T
Arginine	17.4 g		N/T
Aspartic acid	26.3 g		N/T
Cystine	4.0 g		396%
Glutamic acid	45.7 g		N/T
Glycine	11.1 g		N/T
Histidine	7.8 g		524%
Hydroxyproline	- g		N/T
Isoleucine	12.0 g		592%
Leucine	21.8 g		487%
Lysine	20.5 g		504%
Methionine	6.3 g		617%
Phenylalanine	11.2 g		633%
Proline	12.9 g		N/T
Serine	13.7 g		N/T
Threonine	11.4 g		533%
Tryptophan	3.6 g		675%
Tyrosine	8.7 g		494%

Valine	13.4 g	<div></div>	522%
<b>Vitamins</b>			
B1 (Thiamine)	2.9 mg	<div></div>	245%
B2 (Riboflavin)	4.1 mg	<div></div>	315%
B3 (Niacin)	48.4 mg	<div></div>	302%
B5 (Pantothenic Acid)	11.4 mg	<div></div>	228%
B6 (Pyridoxine)	5.9 mg	<div></div>	345%
B12 (Cobalamin)	10.8 µg	<div></div>	450%
Biotin	42.7 µg	<div></div>	142%
Choline	1245.2 mg	<div></div>	226%
Folate	670.8 µg	<div></div>	168%
Alpha-carotene	3.5 µg	<div></div>	N/T
Beta-carotene	145.6 µg	<div></div>	N/T
Beta-cryptoxanthin	26.6 µg	<div></div>	N/T
Lutein+Zeaxanthin	1413.6 µg	<div></div>	N/T
Lycopene	0.0 µg	<div></div>	N/T
Retinol	535.9 µg	<div></div>	N/T
Vitamin C	42.5 mg	<div></div>	47%
Vitamin D	184.8 IU	<div></div>	31%
Vitamin E	27.9 mg	<div></div>	186%
Beta Tocopherol	1.2 mg	<div></div>	N/T
Delta Tocopherol	2.7 mg	<div></div>	N/T
Gamma Tocopherol	24.8 mg	<div></div>	N/T
Vitamin K	49.3 µg	<div></div>	41%
<b>Minerals</b>			
Calcium	965.6 mg	<div></div>	97%
Chromium	- µg	<div></div>	0%

Copper	4.9 mg	<div></div>	550%
Fluoride	- µg	<div></div>	0%
Iodine	103.9 µg	<div></div>	69%
Iron	38.0 mg	<div></div>	474%
Magnesium	1093.6 mg	<div></div>	260%
Manganese	10.5 mg	<div></div>	457%
Molybdenum	- µg	<div></div>	0%
Phosphorus	3784.5 mg	<div></div>	541%
Potassium	7145.8 mg	<div></div>	210%
Selenium	835.6 µg	<div></div>	1519%
Sodium	5556.2 mg	<div></div>	370%
Zinc	38.8 mg	<div></div>	353%

N/T = No Target

Nutrient Balances

