

Daily Average Nutrition Report January 18, 2023 to January 18, 2023

Energy Summary



Consumed

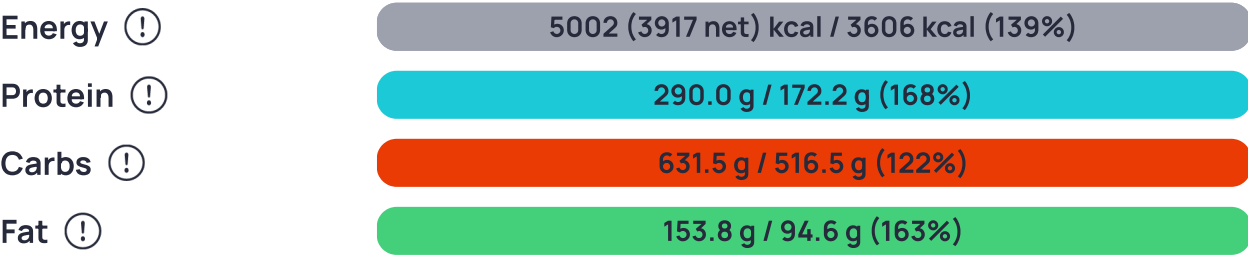


Burned

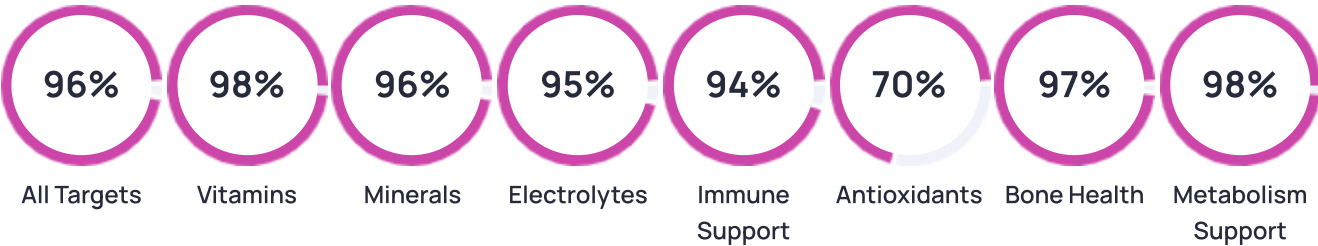


Over

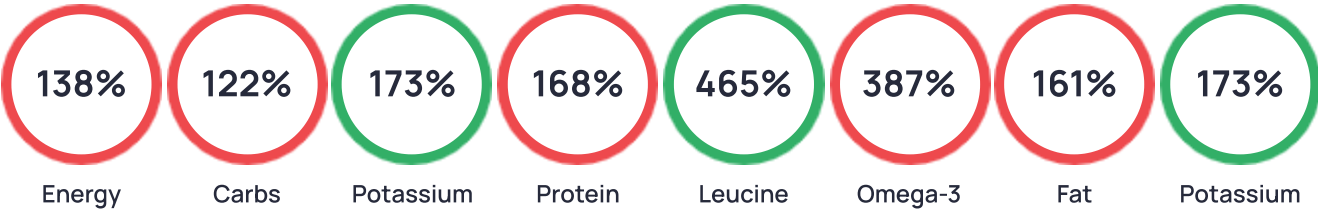
Macronutrient Targets



Nutrition Scores



Highlighted Nutrients



Targets

General

Energy	5001.7	kcal	139%
Alcohol	0.0	g	No Target
Ash	24.1	g	No Target
Beta-Hydroxybutyrate	-	g	No Target
Caffeine	251.0	mg	No Target
Oxalate	262.3	mg	No Target
Water	1544.5	g	42%

Carbohydrates

Carbs	631.5	g	122%
Fiber	30.5	g	102%
Starch	191.4	g	No Target
Sugars	176.3	g	No Target
Fructose	5.8	g	No Target
Galactose	0.0	g	No Target
Glucose	8.4	g	No Target
Lactose	55.8	g	No Target
Maltose	2.5	g	No Target
Sucrose	45.2	g	No Target
Added Sugars	45.6	g	No Target
Sugar Alcohol	0.5	g	No Target
Net Carbs	601.0	g	462%

Lipids

Fat	153.8	g	162%
Monounsaturated	52.0	g	No Target
Polyunsaturated	18.7	g	No Target
Omega-3	6.2	g	387%
Omega-6	12.7	g	90%
Saturated	55.3	g	n/a
Trans-Fats	9.8	g	n/a
Cholesterol	539.2	mg	No Target
Phytosterol	-	mg	No Target

Protein

Protein	290.0 g	169%
Alanine	11.8 g	No Target
Arginine	9.1 g	No Target
Aspartic acid	23.3 g	No Target
Cystine	4.3 g	411%
Glutamic acid	44.2 g	No Target
Glycine	8.2 g	No Target
Histidine	3.7 g	240%
Hydroxyproline	1.1 g	No Target
Isoleucine	12.3 g	582%
Leucine	21.7 g	465%
Lysine	9.2 g	219%
Methionine	5.4 g	515%
Phenylalanine	9.3 g	506%
Proline	16.5 g	No Target
Serine	11.5 g	No Target
Threonine	12.5 g	562%
Tryptophan	3.4 g	610%
Tyrosine	8.3 g	451%
Valine	13.4 g	501%

Vitamins

B1 (Thiamine)	5.5 mg	459%
B2 (Riboflavin)	6.8 mg	524%
B3 (Niacin)	82.4 mg	515%
B5 (Pantothenic Acid)	27.6 mg	551%
B6 (Pyridoxine)	23.2 mg	1366%
B12 (Cobalamin)	41.3 µg	1722%
Biotin	278.0 µg	927%
Choline	539.7 mg	98%
Folate	2071.2 µg	518%
Alpha-carotene	119.9 µg	No Target
Beta-carotene	346.8 µg	No Target
Beta-cryptoxanthin	368.3 µg	No Target
Lutein+Zeaxanthin	1310.9 µg	No Target

Lycopene	300.0	µg	No Target
Retinol	1500.2	µg	No Target
Vitamin C	1169.1	mg	1299%
Vitamin D	6333.5	IU	1056%
Vitamin E	65.1	mg	434%
Beta Tocopherol	0.8	mg	No Target
Delta Tocopherol	5.9	mg	No Target
Gamma Tocopherol	16.8	mg	No Target
Vitamin K	175.2	µg	146%

Minerals		
Calcium	3644.3 mg	364%
Chromium	123.0 µg	410%
Copper	2.2 mg	246%
Fluoride	- µg	0%
Iodine	729.6 µg	486%
Iron	52.8 mg	660%
Magnesium	1087.1 mg	259%
Manganese	5.4 mg	235%
Molybdenum	45.0 µg	100%
Phosphorus	2384.6 mg	341%
Potassium	5900.1 mg	174%
Selenium	166.2 µg	302%
Sodium	4899.3 mg	327%
Zinc	80.3 mg	730%

Nutrient Balances



% OMEGA-6 (LA)



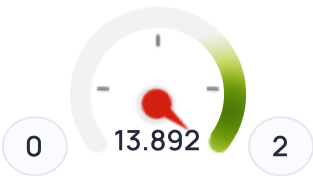
OMEGA-6 : OMEGA-3



ZINC : COPPER











CALCIUM : MAGNESIUM












CALCIUM : OXALATE

Diary for Wednesday, January 18, 2023

Supplements		20 kcal • 0 g protein • 0 g carbs • 4 g fat	
	Now, Vitamin K-2, 100 mcg	1 capsule	0 kcal
	Equate, Complete Multivitamin, Adults 50+	1 Tablets	0 kcal
	Puritan's Pride, C-1000 mg with Bioflavonoids	1 capsule	0 kcal
	Microingredients, Omega-3 Fish Oil	1 Serving size 3 softgels	20 kcal
	Now, Zinc 50 mg	1 Tablet	0 kcal
	Puritan's Pride, DHEA 50 mg	1 Tablet	0 kcal
	Puritan's Pride, Sunvite Mega-Potency Vitamin D3 5000 IU	1 Softgel	0 kcal
	The Vitamin Shoppe, CoQ-10, 400 mg	1 capsule	0 kcal
	Schiff, Glucosamine, 1500 mg	1 tablets	0 kcal
	Doctor's Best, Nattokinase 2000 FUs	2 capsule	0 kcal
	AOR, Quercetin	1 capsule	0 kcal
	Now, Calcium & Magnesium	1 × 2 Tablets	0 kcal
Breakfast		790 kcal • 53 g protein • 103 g carbs • 20 g fat	
	Milk, Whole	1.5 cup	223.26 kcal
	Zammex, Hydrolyzed Collagen Peptides	1 Scoop	35 kcal
	Post, Honey Bunches of Oats with Almonds	2.5 cup, whole pieces	425.24 kcal
	Whey House, Whey Protein Isolate, Natural Unflavoured	1 oz	106.31 kcal
Midmorning Meal		1004 kcal • 62 g protein • 157 g carbs • 16 g fat	
	Espresso	0.5 cup	10.66 kcal
	Sugar, White Granulated	3 tsp	48.38 kcal
	Milk, Whole	1.5 cup	223.26 kcal
	Whey House, Whey Protein Isolate, Natural Unflavoured	1 oz	106.31 kcal
	Forzagen Lean Gainer Premium Mass Builder	0.5 × 4 scoops	615 kcal
Lunch		1394 kcal • 35 g protein • 154 g carbs • 74 g fat	
	Fried Eggs, Whole Egg	0.86 large	87.25 kcal
	Mandarin Orange, Fresh	1 medium - 2 1/2" diameter	46.64 kcal
	Danish Pastry, with Fruit Filling	1 small - approx 3" diameter	213.1 kcal
	English Muffin Bread	1 medium slice	64.35 kcal
	Smucker's, Strawberry Jelly	1.5 Tablespoon	75 kcal
	Bacon, Pork	2 thick slice - 6" long	112.32 kcal
	Breakfast, Sausage Links	1 × 3 pan fried links	200 kcal
	Hashed Brown Potatoes, Prepared From Fresh	1 cup	595.18 kcal
Afternoon Meal		870 kcal • 58 g protein • 137 g carbs • 12 g fat	

1/19/23, 10:36 AM

Cronometer Report

	Milk, Whole	1 cup	148.84 kcal
	Whey House, Whey Protein Isolate, Natural Unflavoured	1 oz	106.31 kcal
	Forzagen Lean Gainer Premium Mass Builder	0.5 × 4 scoops	615 kcal
Dinner		744 kcal • 54 g protein • 74 g carbs • 25 g fat	
	Chipotle, Burrito Size Flour Tortilla	1 each	319.96 kcal
	Chipotle, Chicken	1 order	188.58 kcal
	Chipotle, Cheese	1 order	105.75 kcal
	Chipotle, Black Beans	1 order	129.33 kcal
Bedtime Meal		181 kcal • 29 g protein • 6 g carbs • 4 g fat	
	Milk, Whole	0.5 cup	74.42 kcal
	Whey House, Whey Protein Isolate, Natural Unflavoured	1 oz	106.31 kcal
Biometrics		-1085 kcal • 0 g protein • 0 g carbs • 0 g fat	
	Fitbit Activity	56 minutes	-794 kcal
	Sleep (Fitbit)	6.77 hours	
	Heart Rate (Fitbit)	61 bpm	
	Weights (Fitbit)	41.1 minutes	-291 kcal

Energy Summary



Consumed



Burned



Over

Macronutrient Targets Carb Cycle Mass Higher Carb

Energy	5002 (3917 net) kcal / 6057 kcal (83%)
Protein ⓘ	290.0 g / 236.0 g (123%)
Carbs	631.5 g / 590.0 g (107%)
Fat ⓘ	153.8 g / 130.0 g (118%)

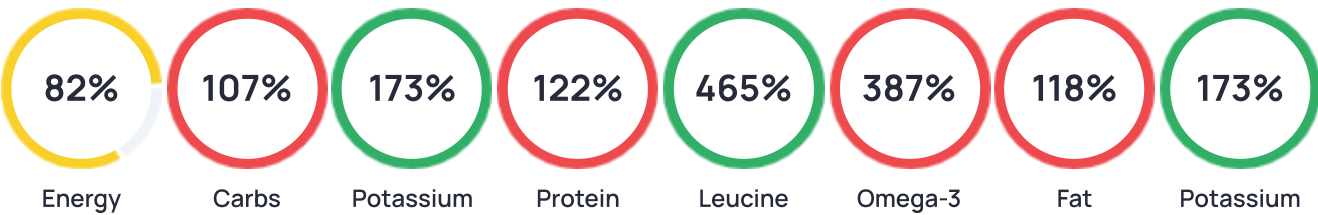
Nutrients for Wednesday, January 18, 2023

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