



 **FOOD**

 **EXERCISE**

 **BIOMETRIC**

 **NOTE**



 **FAST**

Breakfast




585 kcal

	Wal-mart Stores, Inc., Great Value Organic, Black Beans, No Salt Added, Liquid Drained [updated]	250	g	394.72	kcal
	Great Value, 100% Pure Pumpkin	80	g	40	kcal
	Rotel, Diced Tomatoes & Green Chilies, Original, No Salt Added [custom]	175	g	35	kcal
	Jalapeno Powder [custom]	2	tsp	12.78	kcal
	Cayenne Pepper, Ground	0.38	tsp	2.11	kcal
	Broccoli, Raw	45	g	15.3	kcal
	Carrots, Raw	30	g	12.3	kcal
	Fenugreek Sprouts [custom]	70	prepared grams	26.41	kcal
	Mushrooms, Raw	100	g	22	kcal
	Okra, Raw	50	g	16.5	kcal
	Summer Squash, Raw	50	g	8	kcal

Snack 1 / Walking Teas / Post-Workout Meal

Lunch

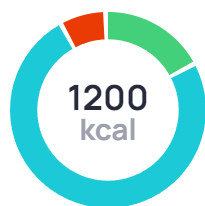
498 kcal

	Great Value, 100% Pure Pumpkin	180	g	90	kcal
	Blake's Vegan Pumpkin Spice v2020.12.24	2	g	6	kcal
	Blake's Vegan Ground Black Cumin	1	tsp	8.4	kcal

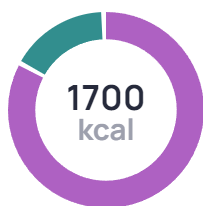
 **Support**

	Fenugreek Sprouts [custom]	100	prepared grams	37.73	kcal
	Bananas, Raw	100	g	89	kcal
	Strawberries, Raw	100	g	32	kcal
	Wyman's, Triple Berry Blend, 80 Cal	42	g	24	kcal
	Hunt's, Tomato Paste	30	g	31.82	kcal
	Kale, Raw	120	g	42	kcal
	Zucchini, Raw	90	g	15.3	kcal
	Beets, Raw	283	g	121.69	kcal
Snack 2 / Drinking Teas					
Dinner					117 kcal
	Oranges, Raw	60	g	28.2	kcal
	Blueberry, Raw	100	g	57	kcal
	Strawberries, Raw	100	g	32	kcal
4th Meal					

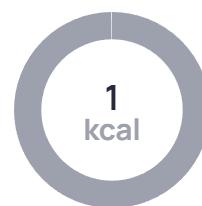
Energy Summary



Consumed




Burned



Remaining

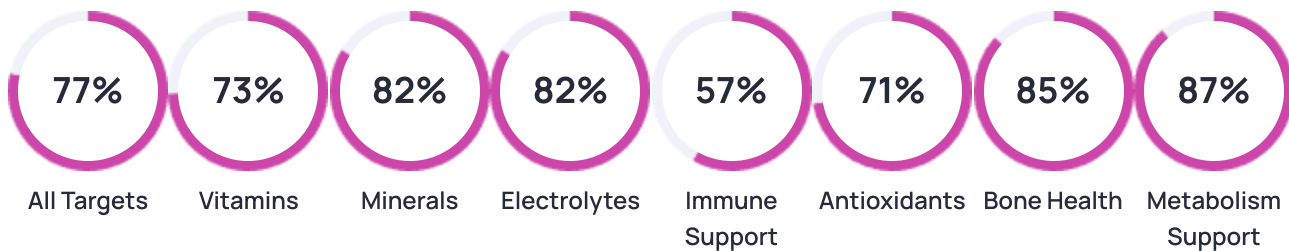
Macronutrient Targets

Energy	1200 kcal / 1201 kcal	99%
Protein	47.3 g / 56.0 g	84%
Carbs 	205.4 g / 130.0 g	158%
Fat	9.7 g / 65.0 g	15%

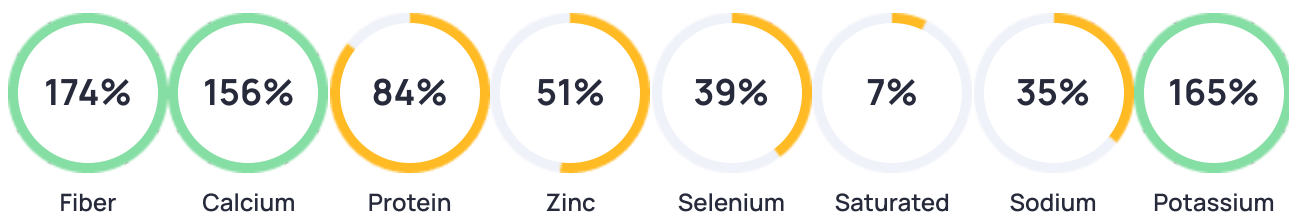
Nutrient Targets

 SUGGEST FOOD


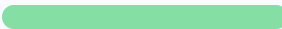



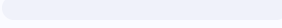

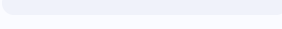

Nutrition Scores



Highlighted Nutrients



General			
Energy	1200.3 kcal		99%
Alcohol	0.0 g		N/T
Caffeine	0.0 mg		0%
Water	1262.2 g		34%

Carbohydrates			
Carbs	205.4 g		158%
Fiber	66.4 g		175%
Starch	13.9 g		N/T
Sugars	88.3 g		105%
Allulose	- g		N/T
Fructose	20.0 g		N/T
Galactose	0.0 g		N/T
Glucose	19.6 g		N/T
Lactose	0.1 g		N/T

Maltose	0.1 g		N/T
Sucrose	25.2 g		N/T
Added Sugars	0.0 g		N/T
Sugar Alcohol	1.8 g		N/T
Net Carbs	137.2 g		106%

Lipids

Fat	9.7 g		15%
Monounsaturated	1.6 g		N/T
Polyunsaturated	3.5 g		N/T
Omega-3	1.1 g		70%
Omega-6	1.9 g		11%
Saturated	1.5 g		8%
Trans-Fats	0.0 g		n/a
Cholesterol	0.0 mg		N/T

Protein

Protein	47.3 g		84%
Cystine	0.4 g		83%
Histidine	1.1 g		142%
Isoleucine	1.7 g		158%
Leucine	2.7 g		115%
Lysine	2.3 g		108%
Methionine	0.5 g		94%
Phenylalanine	1.8 g		201%
Threonine	1.4 g		129%
Tryptophan	0.5 g		170%
Tyrosine	1.0 g		110%
Valine	2.1 g		154%

Vitamins

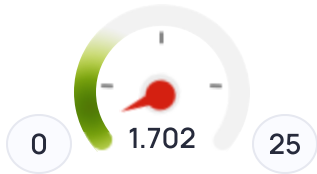
B1 (Thiamine)	1.1 mg		94%
B2 (Riboflavin)	1.8 mg		139%
B3 (Niacin)	12.2 mg		77%
B5 (Pantothenic Acid)	4.6 mg		91%
B6 (Pyridoxine)	1.9 mg		145%
B12 (Cobalamin)	0.0 µg		2%
Folate	758.7 µg		190%
Beta-carotene	7990.2 µg		N/T
Vitamin C	386.0 mg		429%
Vitamin D	7.0 IU		0%
Vitamin E	6.9 mg		69%
Vitamin K	572.2 µg		477%

Minerals

Calcium	784.2 mg		157%
Copper	1.8 mg		197%
Iodine	1.8 µg		1%
Iron	23.5 mg		294%
Magnesium	387.4 mg		92%
Manganese	5.6 mg		243%
Phosphorus	834.6 mg		119%
Potassium	5629.7 mg		166%
Selenium	21.5 µg		39%
Sodium	532.0 mg		35%
Zinc	5.7 mg		52%

N/T = No Target

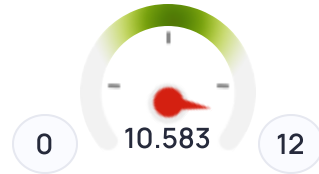
Nutrient Balances



OMEGA-6 : OMEGA-3



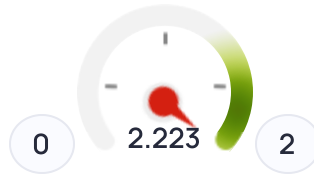
ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM



CALCIUM : OXALATE