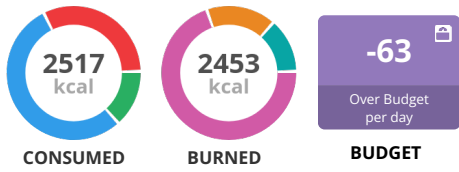
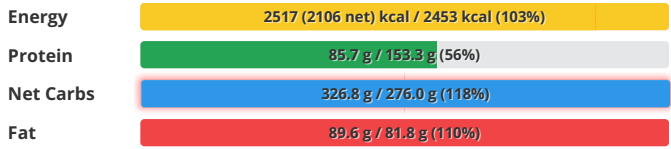


Feb 6, 2022 to Feb 12, 2022

Energy Summary

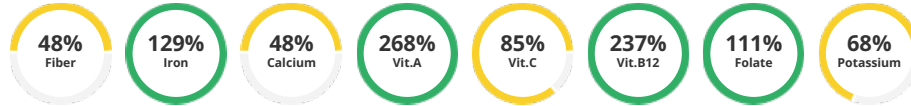


Macronutrient Targets



Nutrient Targets

Highlighted Nutrients



General		
Energy	2516.8 kcal	103%
Alcohol	0.0 g	No Target
Caffeine	0.2 mg	No Target
Water	628.9 g	19%

Carbohydrates		
Carbs	345.4 g	110%
Fiber	18.4 g	48%
Starch	110.3 g	No Target
Sugars	151.4 g	No Target
Net Carbs	326.8 g	118%

Lipids		
Fat	89.6 g	109%
Monounsaturated	26.3 g	No Target
Polyunsaturated	14.8 g	No Target
Omega-3	4.0 g	251%
Omega-6	9.6 g	60%
Saturated	32.4 g	n/a
Trans-Fats	5.6 g	n/a
Cholesterol	240.7 mg	No Target

Protein		
Protein	85.7 g	56%
Cystine	0.9 g	119%
Histidine	1.8 g	181%
Isoleucine	3.0 g	209%
Leucine	5.3 g	166%
Lysine	4.6 g	159%
Methionine	1.7 g	234%
Phenylalanine	2.9 g	223%
Threonine	2.7 g	180%
Tryptophan	0.9 g	222%
Tyrosine	2.3 g	181%
Valine	3.4 g	183%

Vitamins		
B1 (Thiamine)	1.6 mg	131%
B2 (Riboflavin)	1.7 mg	127%
B3 (Niacin)	24.9 mg	156%
B5 (Pantothenic Acid)	4.9 mg	98%
B6 (Pyridoxine)	1.9 mg	145%
B12 (Cobalamin)	5.7 µg	237%
Folate	448.0 µg	112%
Vitamin A	8068.6 IU	269%
Vitamin C	64.4 mg	86%
Vitamin D	396.5 IU	66%
Vitamin E	10.4 mg	69%
Vitamin K	146.2 µg	195%

Minerals		
Calcium	636.8 mg	49%
Copper	1.1 mg	120%
Iron	14.2 mg	129%
Magnesium	205.1 mg	50%
Manganese	1.7 mg	77%
Phosphorus	1092.7 mg	87%
Potassium	2058.7 mg	69%
Selenium	127.0 µg	231%
Sodium	3972.6 mg	265%
Zinc	7.1 mg	65%