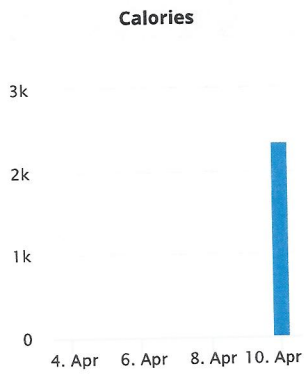


April 10, 2019

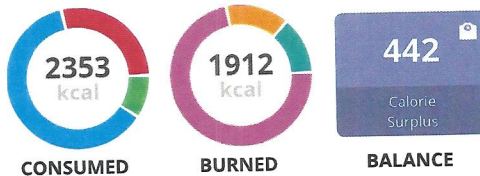


ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE

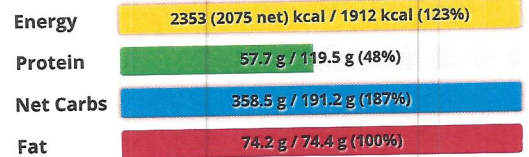
Description	Amount	Unit	Calories
Banana, Fresh	1	large - 8" to 8 7/8" long	121.04
Grapes, Raw	2	cup, whole pieces	208.38
Apple, Fresh, With Skin	1	medium - 3" diameter	94.64
Spring Water	1	large bottle - each 16.9 fl oz	0
Smucker's, sandwich, peanut butter & grape jelly, Uncrustables, frozen	2	Each	420
Egg, Whole, Cooked, Hard-Boiled	2	medium	136.4
Nabisco, Oreo Cookies	15	each	802.91
White Rice, Cooked in Salted Water	2	cup	410.81
Greek Salad, with Spinach, Lettuce, Feta Cheese, Tomatoes, Cucumber, Olives	1	cup, chopped	81.56
Chicken Drumstick, Skin Removed Before Cooking	1	medium	77.5
Spring Water	3	large bottle - each 16.9 fl oz	0
Weight	130	lbs	
walking, to work or class	60	minutes	-185.75
Stretching, hatha yoga	30	minutes	-92.8



Calories Summary



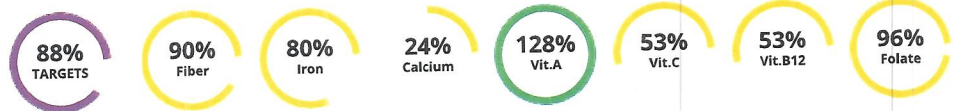
Macronutrient Targets



Weight Change: -20.0 lbs



Nutrient Targets



General			Vitamins	
Energy	2353.2 kcal	123%	B1 (Thiamine)	1.4 mg 128%
Alcohol	0.0 g	0%	B2 (Riboflavin)	1.4 mg 126%
Caffeine	23.0 mg	100%	B3 (Niacin)	13.2 mg 94%
Water	2920.1 g	108%	B5 (Pantothenic Acid)	4.2 mg 84%
Carbohydrates			B6 (Pyridoxine)	1.6 mg 121%
Carbs	383.0 g	177%	B12 (Cobalamin)	1.3 µg 53%
Fiber	22.6 g	90%	Folate	382.3 µg 96%
Starch	124.6 g	100%	Vitamin A	2988.3 IU 128%
Sugars	174.3 g	100%	Vitamin C	39.6 mg 53%
Net Carbs	358.5 g	188%	Vitamin D	78.1 IU 13%
Lipids			Vitamin E	9.4 mg 63%
Fat	74.2 g	100%	Vitamin K	161.7 µg 180%
Monounsaturated	24.1 g	100%	Minerals	
Polyunsaturated	11.7 g	100%	Calcium	236.2 mg 24%
Omega-3	2.1 g	193%	Copper	1.3 mg 149%
			Iron	14.4 mg 100%

\$25	\$35
\$25	\$55
\$34.90	
\$20	
\$50	

Omega-6	9.5 g	79%
Saturated	20.3 g	20.272 g
Trans-Fats	0.3 g	0.253 g
Cholesterol	398.8 mg	

Magnesium	227.7 mg	73%
Manganese	3.2 mg	176%
Phosphorus	680.2 mg	97%
Potassium	2110.2 mg	81%
Selenium	91.6 µg	166%
Sodium	2776.4 mg	185%
Zinc	5.7 mg	72%

Protein

Protein	57.7 g	48%
Cystine	0.8 g	140%
Histidine	1.2 g	147%
Isoleucine	2.0 g	179%
Leucine	3.5 g	143%
Lysine	2.8 g	124%
Methionine	1.1 g	195%
Phenylalanine	2.1 g	220%
Threonine	1.8 g	156%
Tryptophan	0.5 g	184%
Tyrosine	1.6 g	160%
Valine	2.4 g	170%

\$25	\$35
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