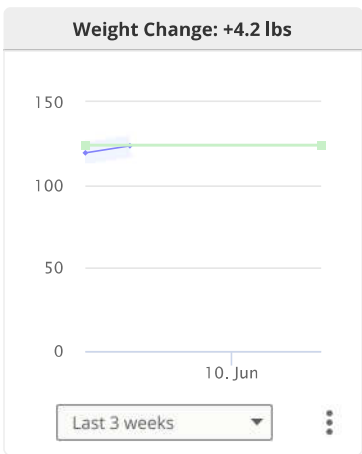
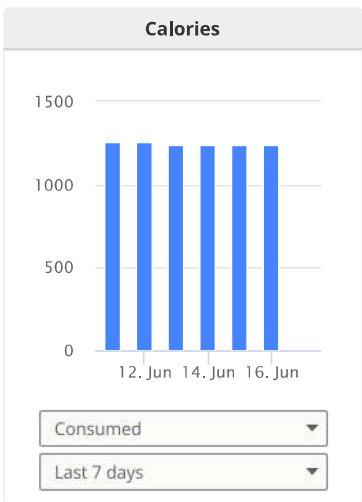




June 16, 2019

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE

Jun 2019						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



Description	Amount	Unit	Calories
<b>Breakfast</b>			200 kcal
Levothyroxine 75mcg	1	× 75mcg tab	0
Deva, Vegan B12 with Folic Acid & B6	1	tablet	0
Blake's Vegan Carrot Spinach Sweet Sauce v2019.06.05	430	prepared grams	111.94
Cauliflower, Cooked from Fresh	165	g	37.95
Squash, Summer, Zucchini, Includes Skin, Raw	280	g	47.6
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
<b>Snack 1 / Walking Teas / Post-Workout Meal</b>			10 kcal
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	0.5	Mug, 1.7 cups	1.1
<b>Lunch</b>			427 kcal
Purple Sweet Potato, Boiled	164	g	124.64
Sweet Potato, Boiled	395	g	300.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
<b>Snack 2 / Drinking Teas</b>			
<b>Dinner</b>			302 kcal
Sweet Potato, Boiled	395	g	300.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2
<b>4th Meal</b>			302 kcal
Sweet Potato, Boiled	395	g	300.2
Blake's Vegan Vegetable Broth Tea w/ 1.7 Cups Water	1	Mug, 1.7 cups	2.2

#### Calories Summary

**1241 kcal**

CONSUMED

**1739 kcal**

BURNED

**249**

Calories Remaining

**BUDGET**

#### Macronutrient Targets

Energy	1241 kcal / 1449 kcal (86%)
Protein	31.3 g / 38.0 g (82%)
Carbs	278.2 g / 130.0 g (214%)
Fat	4.3 g / 65.0 g (7%)

#### Nutrient Targets

**79% TARGETS**

**133% Fiber**

**532% Calcium**

**82% Protein**

**50% Zinc**

**15% Selenium**

**5% Saturated**

**45% Sodium**

#### General

Energy	1241.4 kcal	86%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	0%
Water	5336.0 g	144%

#### Carbohydrates

Carbs	278.2 g	214%
Fiber	50.6 g	133%
Starch	71.0 g	No Target
Sugars	95.9 g	114%
Added Sugars	0.0 g	No Target

#### Vitamins

B1 (Thiamine)	1.2 mg	104%
B2 (Riboflavin)	1.5 mg	113%
B3 (Niacin)	11.4 mg	71%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	5.7 mg	437%
B12 (Cobalamin)	1000.0 µg	41667%
Folate	889.1 µg	222%
Vitamin A	248557.6 IU	8285%
Beta-carotene	145110.7 µg	No Target
Vitamin C	319.5 mg	355%
Vitamin D	0.0 IU	0%

Sugar Alcohol	1.3 g	No Target
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Vitamin E	18.7 mg	187%
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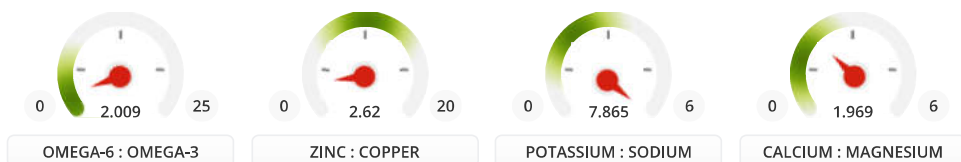
Vitamin K	894.3 µg	745%
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Lipids		
Fat	4.3 g	7%
Monounsaturated	0.1 g	No Target
Polyunsaturated	1.8 g	No Target
Omega-3	0.6 g	37%
Omega-6	1.2 g	7%
Saturated	0.9 g	5%
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	No Target

Minerals		
Calcium	1064.9 mg	532%
Copper	2.1 mg	235%
Iodine	0.0 µg	0%
Iron	17.8 mg	223%
Magnesium	540.7 mg	129%
Manganese	6.2 mg	270%
Phosphorus	746.1 mg	107%
Potassium	5335.6 mg	157%
Selenium	8.2 µg	15%
Sodium	678.4 mg	45%
Zinc	5.5 mg	50%

Protein		
Protein	31.3 g	82%
Cystine	0.5 g	99%
Histidine	0.7 g	86%
Isoleucine	1.3 g	119%
Leucine	2.0 g	86%
Lysine	1.6 g	75%
Methionine	0.6 g	104%
Phenylalanine	1.6 g	174%
Threonine	1.7 g	153%
Tryptophan	0.5 g	190%
Tyrosine	0.8 g	88%
Valine	1.7 g	127%

Nutrient Balances



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