### Calories Summary

**Protein**
- Total: 246.4 g (44.4%)
- Essential Amino Acids:
  - Cystine: 3.0 g (20%)
  - Histidine: 5.6 g (25.9%)
  - Isoleucine: 10.0 g (34.1%)
  - Leucine: 17.5 g (26.9%)
  - Lysine: 16.9 g (28.7%)
  - Methionine: 4.8 g (32.6%)
  - Phenylalanine: 9.2 g (35.9%)
  - Threonine: 9.4 g (30.5%)
  - Tryptophan: 2.8 g (35.5%)
  - Tyrosine: 6.8 g (26.5%)
  - Valine: 11.3 g (30.4%)

**Fat**
- Total: 115.7 g (17.8%)
- Monounsaturated: 23.4 g (No Target)
- Polyunsaturated: 15.7 g (No Target)
- Omega-3: 6.1 g (38.0%)
- Omega-6: 9.3 g (55.5%)
- Saturated: 43.6 g (43.577 g)
- Trans-Fats: 0.0 g (0.017 g)
- Cholesterol: 962.8 mg (No Target)

**Carbohydrates**
- Total: 488.6 g (37.6%)
- Fiber: 106.0 g (27.9%)
- Starch: 186.2 g (No Target)
- Sugars: 153.5 g (No Target)

**Vitamins**
- B1 (Thiamine): 3.6 mg (303%)
- B2 (Riboflavin): 19.3 mg (1486%)
- B3 (Niacin): 68.8 mg (430%)
- B5 (Pantothenic Acid): 7.1 mg (543%)
- B6 (Pyridoxine): 10.1 µg (422%)
- Folate: 1472.1 µg (368%)
- Vitamin A: 64189.5 IU (2140%)
- Vitamin C: 522.6 mg (615%)
- Vitamin D: 35.6 µg (581%)
- Vitamin E: 737.7 µg (615%)
- Vitamin K: 144% (No Target)

**Minerals**
- Calcium: 1599.3 mg (160%)
- Copper: 3.7 mg (414%)
- Iron: 47.7 mg (596%)
- Magnesium: 948.3 mg (226%)
- Manganese: 13.1 mg (572%)
- Phosphorus: 3589.0 mg (513%)
- Potassium: 10920.6 mg (232%)
- Selenium: 2480.5 µg (451%)
- Sodium: 3344.1 mg (223%)
- Zinc: 23.6 mg (215%)

**General**
- Energy: 3849.7 kcal (158%)
- Alcohol: 0.0 g (No Target)
- Caffeine: 376.5 mg (No Target)
- Water: 2714.9 g (73%)

### Nutrient Balances

- **OMEGA-6 : OMEGA-3**
  - Basal Metabolic Rate: +924.7 kcal
  - Activity: +25 kcal

- **ZINC : COPPER**

- **POTASSIUM : SODIUM**

- **CALCIUM : MAGNESIUM**

### Other Information
- **Daily Average Nutrition Report 2018 June 20 to 2018 June 20**
- **Basal Metabolic Rate Target**
  - Fiber: 596%
  - Iron: 160%
  - Calcium: 2140%
  - Vitamin A: 581%
  - Vitamin C: 422%
  - Vitamin B12: 368%
  - Folate: 376%
  - No Target
  - No Target
  - No Target
  - No Target
  - No Target
  - No Target
  - No Target

- **Contribution to Basal Metabolic Rate**
  - Basal Metabolic Rate: 279%

- **Water**
  - Basal Metabolic Rate: 73%
## Diary for 2018 June 20, Wednesday

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Unit</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice</td>
<td>1</td>
<td>full recipe</td>
<td>123.51</td>
</tr>
<tr>
<td>Whey Protein Powder, 18 Grams of Protein per Scoop</td>
<td>2.3</td>
<td>scoop</td>
<td>201.06</td>
</tr>
<tr>
<td>Raspberries, Frozen, Unsweetened</td>
<td>120</td>
<td>g</td>
<td>62.4</td>
</tr>
<tr>
<td>Blueberries, Frozen, Unsweetened</td>
<td>120</td>
<td>g</td>
<td>61.2</td>
</tr>
<tr>
<td>Blackberries, Frozen, Unsweetened</td>
<td>120</td>
<td>g</td>
<td>76.8</td>
</tr>
<tr>
<td>Lentils, Cooked From Dried</td>
<td>450</td>
<td>g</td>
<td>522</td>
</tr>
<tr>
<td>Brown Rice, Steamed</td>
<td>2.4</td>
<td>cup</td>
<td>596.29</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>150</td>
<td>g</td>
<td>36</td>
</tr>
<tr>
<td>Eggs, Cooked</td>
<td>4</td>
<td>large</td>
<td>310</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>3</td>
<td>Serving</td>
<td>97.5</td>
</tr>
<tr>
<td>Salad</td>
<td>2</td>
<td>full recipe</td>
<td>166.15</td>
</tr>
<tr>
<td>Go Raw, cookie, ginger snap, raw</td>
<td>6</td>
<td>oz</td>
<td>971.98</td>
</tr>
<tr>
<td>Cod, Atlantic, Cooked</td>
<td>6</td>
<td>oz</td>
<td>178.6</td>
</tr>
<tr>
<td>Salmon, Atlantic, Wild, Cooked from Fresh or Frozen</td>
<td>6</td>
<td>oz</td>
<td>309.58</td>
</tr>
<tr>
<td>Apple, Fresh, Without Skin</td>
<td>1</td>
<td>medium - 3&quot; diameter before peeling</td>
<td>77.28</td>
</tr>
<tr>
<td>Flavor God Pizza Spice</td>
<td>6</td>
<td>Serving</td>
<td>30.05</td>
</tr>
<tr>
<td>Espresso, without Flavored Syrup</td>
<td>6</td>
<td>shot or solo - each 1 fl oz</td>
<td>15.98</td>
</tr>
<tr>
<td>Cinnamon, Ground</td>
<td>3</td>
<td>tsp</td>
<td>19.27</td>
</tr>
</tbody>
</table>

### Calories Summary

- **Consumed**: 3850 kcal
- **Burned**: 2925 kcal
- **Activity**: +924.7 kcal
- **Basal Metabolic Rate**: 3059 kcal