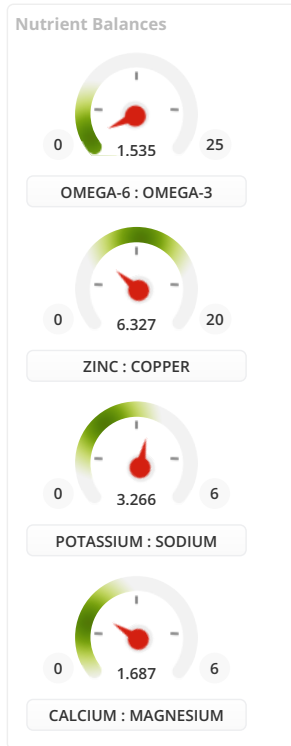


Daily Average Nutrition Report 2018 June 20 to 2018 June 20

Calories Summary



Carbohydrates			Vitamins		
Carbs	488.6 g	376%	B1 (Thiamine)	3.6 mg	303%
Fiber	106.0 g	279%	B2 (Riboflavin)	19.3 mg	1486%
Starch	186.2 g	No Target	B3 (Niacin)	68.8 mg	430%
Sugars	153.5 g	No Target	B5 (Pantothenic Acid)	16.7 mg	334%
Lipids			B6 (Pyridoxine)	7.1 mg	543%
Fat	115.7 g	178%	B12 (Cobalamin)	10.1 µg	422%
Monounsaturated	23.4 g	No Target	Folate	1472.1 µg	368%
Polyunsaturated	15.7 g	No Target	Vitamin A	64189.5 IU	2140%
Omega-3	6.1 g	380%	Vitamin C	522.6 mg	581%
Omega-6	9.3 g	55%	Vitamin D	865.9 IU	144%
Saturated	43.6 g	43.577 g	Vitamin E	35.6 mg	237%
Trans-Fats	0.0 g	0.017 g	Vitamin K	737.7 µg	615%
Cholesterol	962.8 mg	No Target	Minerals		
Protein			Calcium	1599.3 mg	160%
Protein	246.4 g	440%	Copper	3.7 mg	414%
Cystine	3.0 g	207%	Iron	47.7 mg	596%
Histidine	5.6 g	259%	Magnesium	948.3 mg	226%
Isoleucine	10.0 g	341%	Manganese	13.1 mg	572%
Leucine	17.5 g	269%	Phosphorus	3589.0 mg	513%
Lysine	16.9 g	287%	Potassium	10920.6 mg	232%
Methionine	4.8 g	326%	Selenium	2480.5 µg	4510%
Phenylalanine	9.2 g	359%	Sodium	3344.1 mg	223%
Threonine	9.4 g	305%	Zinc	23.6 mg	215%
Tryptophan	2.8 g	356%	General		
Tyrosine	6.8 g	265%	Energy	3849.7 kcal	158%
Valine	11.3 g	304%	Alcohol	0.0 g	No Target
			Caffeine	376.5 mg	No Target
			Water	2714.9 g	73%



Diary for 2018 June 20, Wednesday

Description	Amount	Unit	Calories
Juice	1	full recipe	123.51
Whey Protein Powder, 18 Grams of Protein per Scoop	2.3	scoop	201.06
Raspberries, Frozen, Unsweetened	120	g	62.4
Blueberries, Frozen, Unsweetened	120	g	61.2
Blackberries, Frozen, Unsweetened	120	g	76.8
Lentils, Cooked From Dried	450	g	522
Brown Rice, Steamed	2.4	cup	596.29
Tomato Sauce	150	g	36
Eggs, Cooked	4	large	310
Mixed Veggies	3	Serving	97.5
Salad	2	full recipe	160.15
Go Raw, cookie, ginger snap, raw	6	oz	971.98
Cod, Atlantic, Cooked	6	oz	178.6
Salmon, Atlantic, Wild, Cooked from Fresh or Frozen	6	oz	309.58
Apple, Fresh, Without Skin	1	medium - 3" diameter before peeling	77.28
Flavor God Pizza Spice	6	Serving	30.05
Espresso, without Flavored Syrup	6	shot or solo - each 1 fl oz	15.98
Cinnamon, Ground	3	tsp	19.27

Calories Summary

