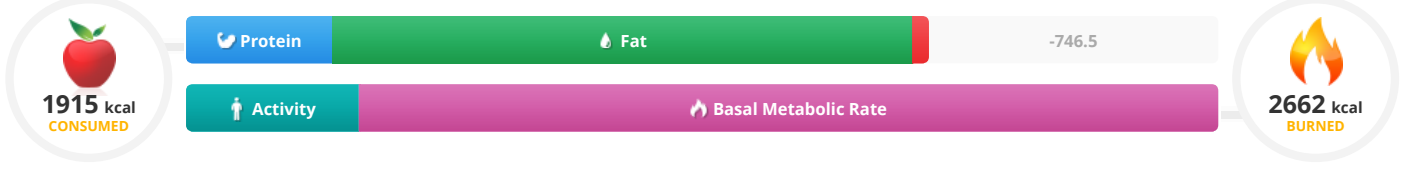


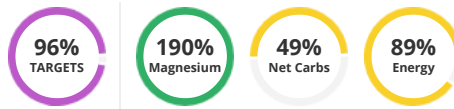
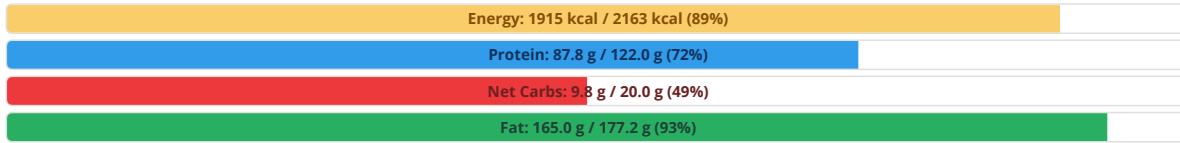
Daily Average Nutrition Report 2017 October 20 to 2017 November 17

Based on 29 complete days

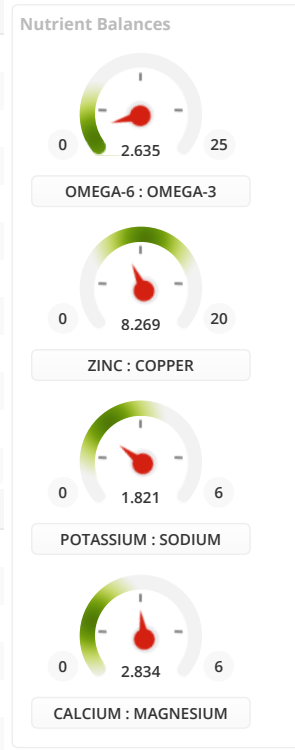
Calories Summary



For your weight goal you can eat 248 more calories per day

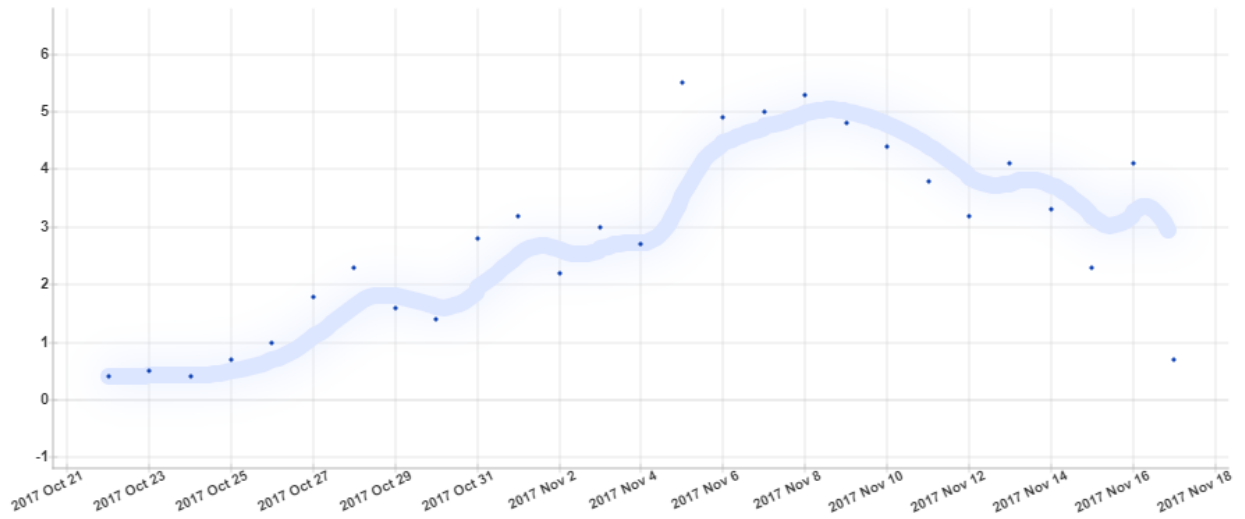


Carbohydrates			Vitamins		
Carbs	31.6 g	79%	B1 (Thiamine)	1.7 mg	138%
Fiber	21.8 g	109%	B2 (Riboflavin)	2.7 mg	205%
Net Carbs	9.8 g	49%	B3 (Niacin)	20.7 mg	130%
Starch	0.1 g	No Target	B5 (Pantothenic Acid)	12.0 mg	239%
Sugars	8.8 g	No Target	B6 (Pyridoxine)	2.2 mg	169%
Sugar Alcohol	0.0 g	No Target	B12 (Cobalamin)	7.0 µg	291%
Lipids			Folate	414.2 µg	104%
Fat	165.0 g	93%	Vitamin A	3968.6 IU	132%
Monounsaturated	47.3 g	No Target	Vitamin C	357.1 mg	397%
Polyunsaturated	8.7 g	No Target	Vitamin D	1224.2 IU	204%
Omega-3	2.6 g	161%	Vitamin E	29.8 mg	198%
Protein			Vitamin K	158.5 µg	132%
Protein	87.8 g	72%	Minerals		
			Calcium	2263.1 mg	226%
			Copper	2.1 mg	231%
			Iron	8.1 mg	203%
			Magnesium	798.4 mg	190%
			Manganese	2.4 mg	106%
			Phosphorus	1175.4 mg	168%
			Potassium	5025.1 mg	107%
			Selenium	222.3 µg	404%
			Sodium	2760.1 mg	92%
			Zinc	17.2 mg	156%
			General		
			Energy	1915.1 kcal	89%

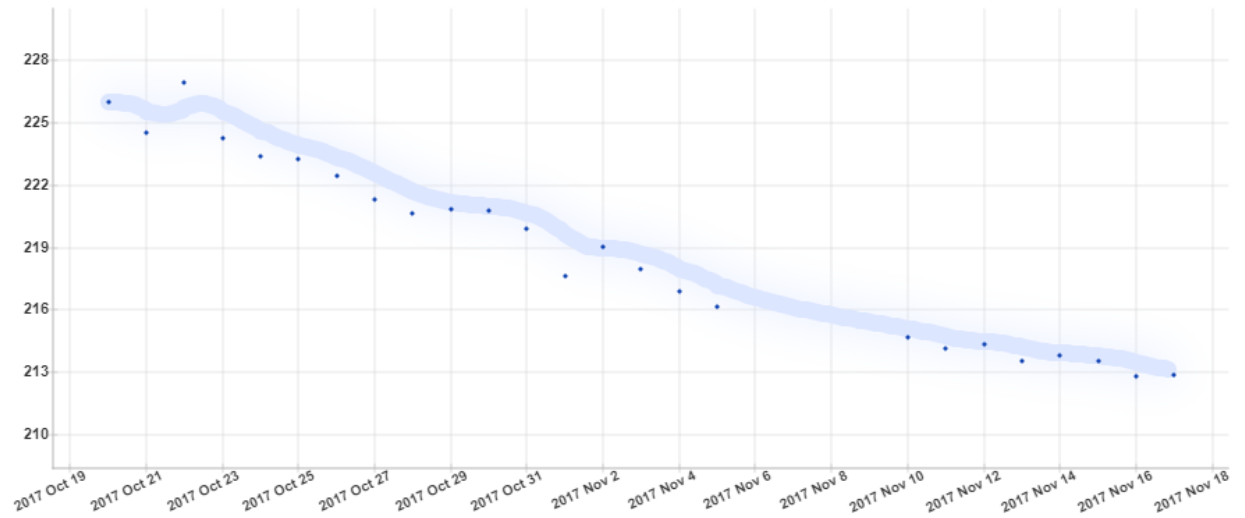


Biometric Charts

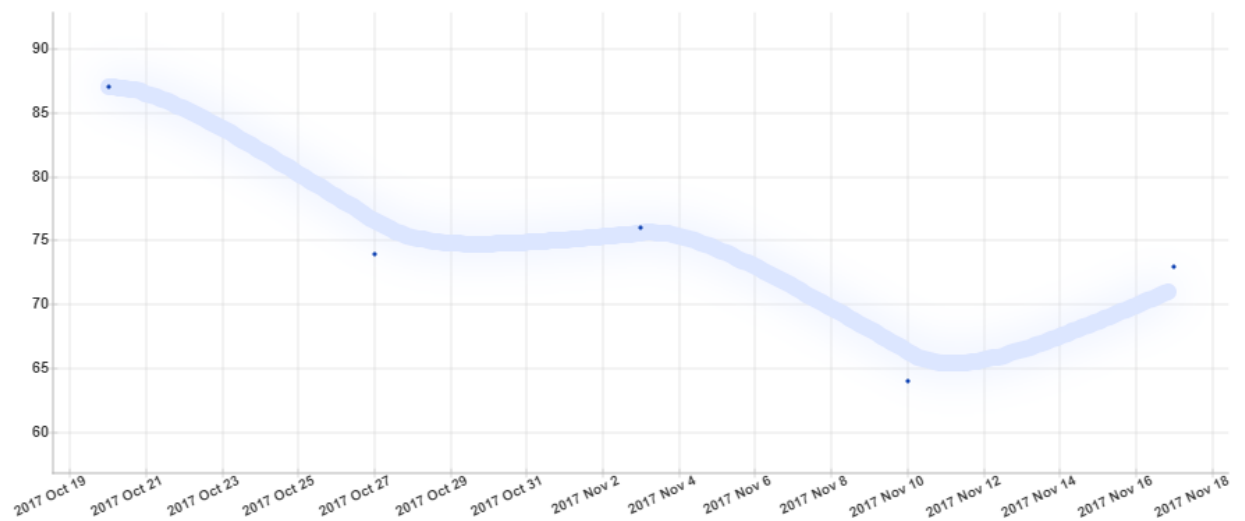
Ketones (Blood) (mmol/L) from 2017 October 20 to 2017 November 17



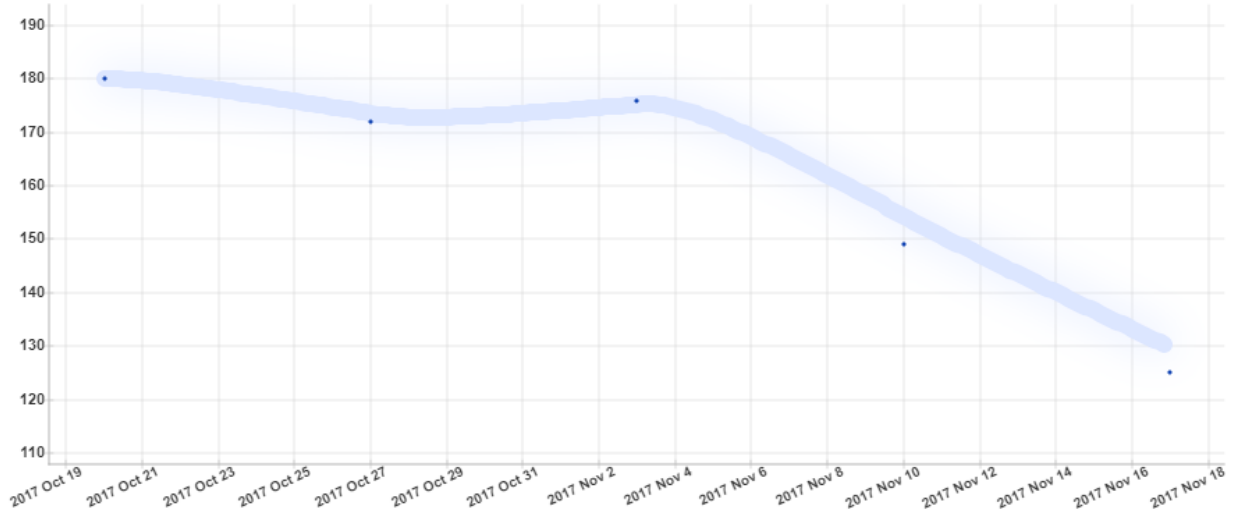
Weight (lbs) from 2017 October 20 to 2017 November 17



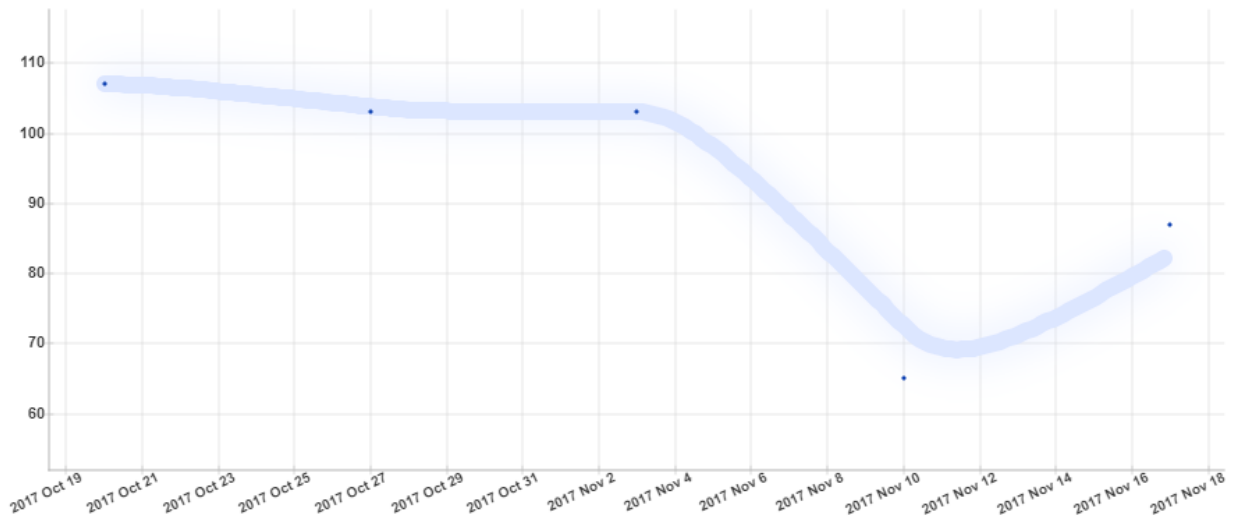
Blood Glucose (mg/dL) from 2017 October 20 to 2017 November 17



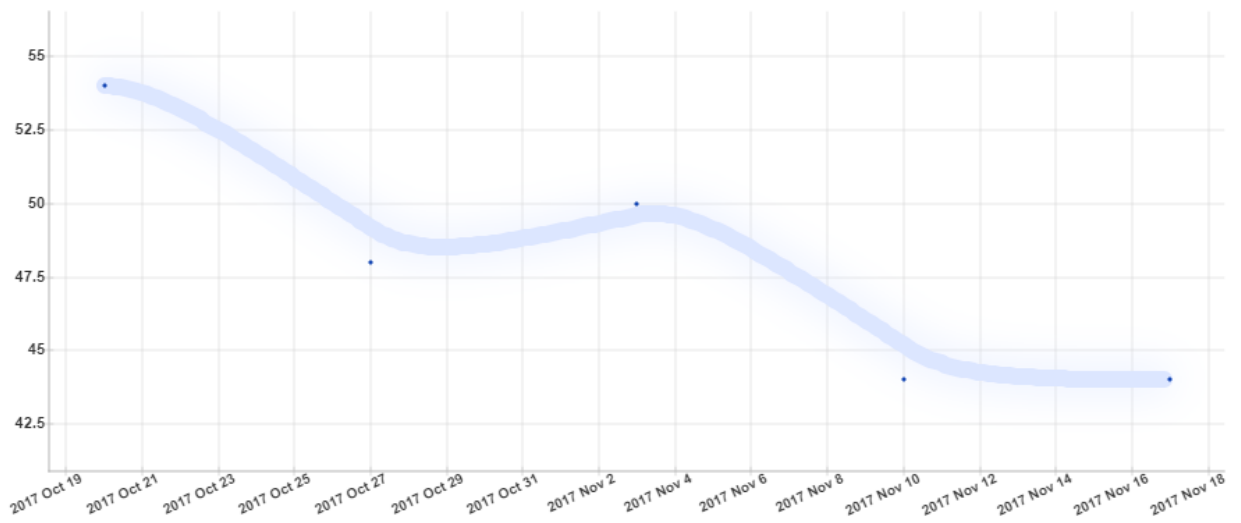
Total Cholesterol (mg/dL) from 2017 October 20 to 2017 November 17



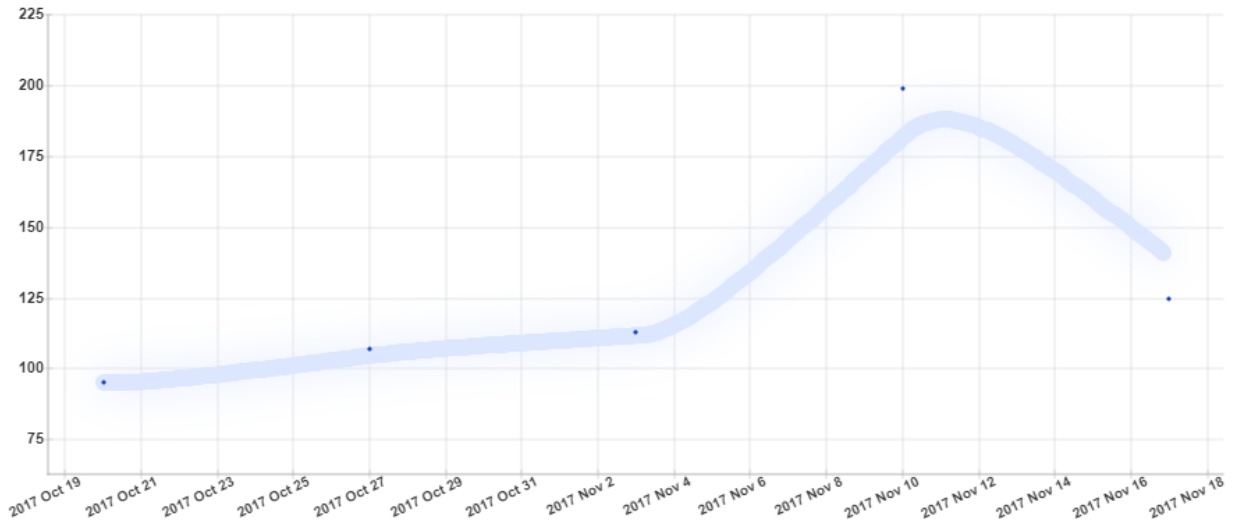
LDL Cholesterol (mg/dL) from 2017 October 20 to 2017 November 17



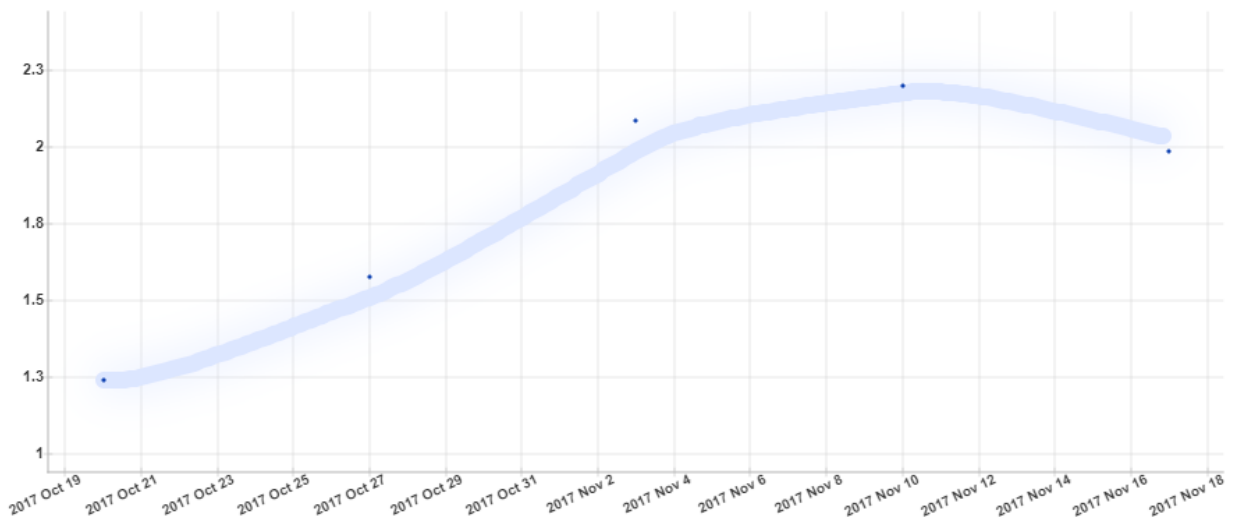
HDL Cholesterol (mg/dL) from 2017 October 20 to 2017 November 17



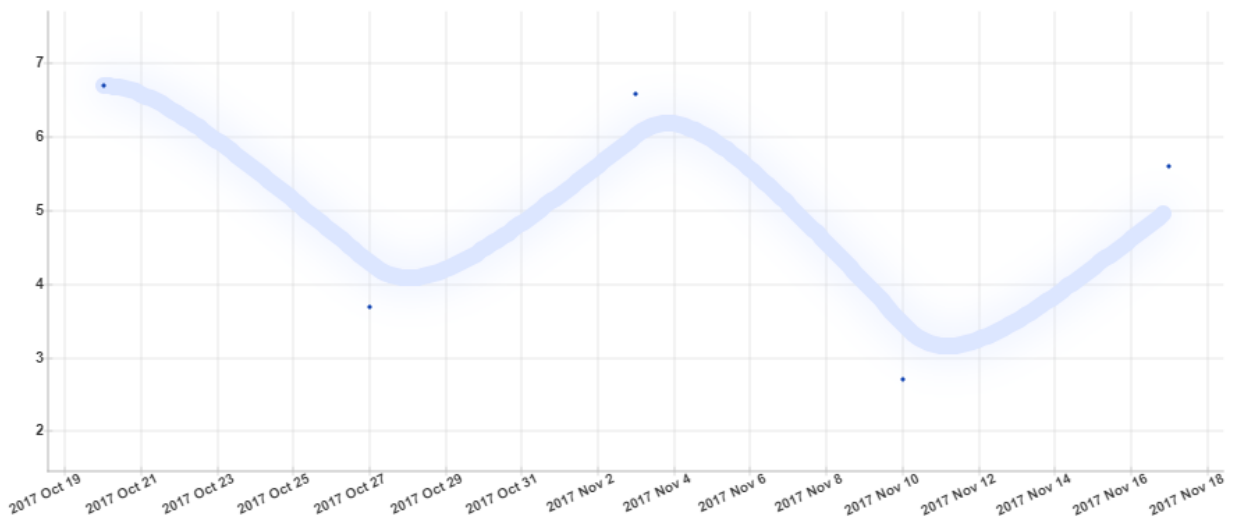
Triglycerides (mg/dL) from 2017 October 20 to 2017 November 17



C-Reactive Protein (mg/L) from 2017 October 20 to 2017 November 17

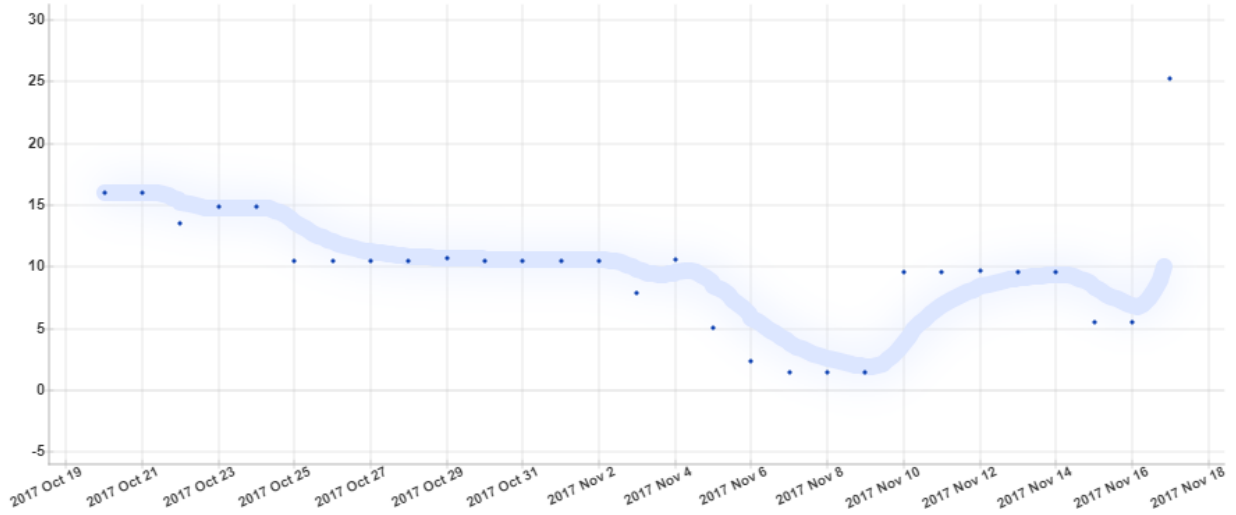


Insulin (uIU/mL) from 2017 October 20 to 2017 November 17

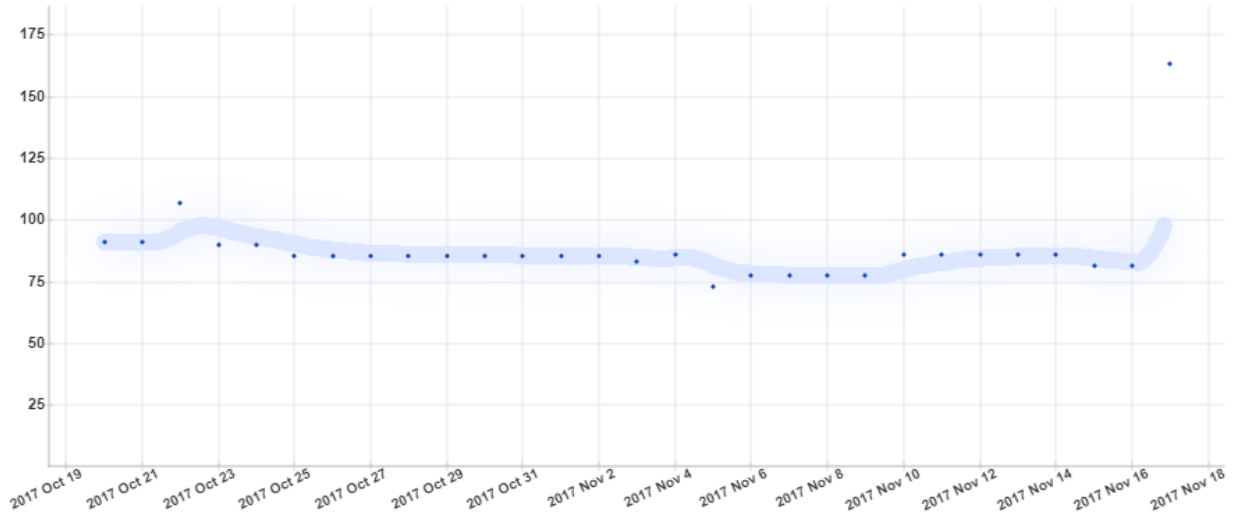


Nutrient Charts

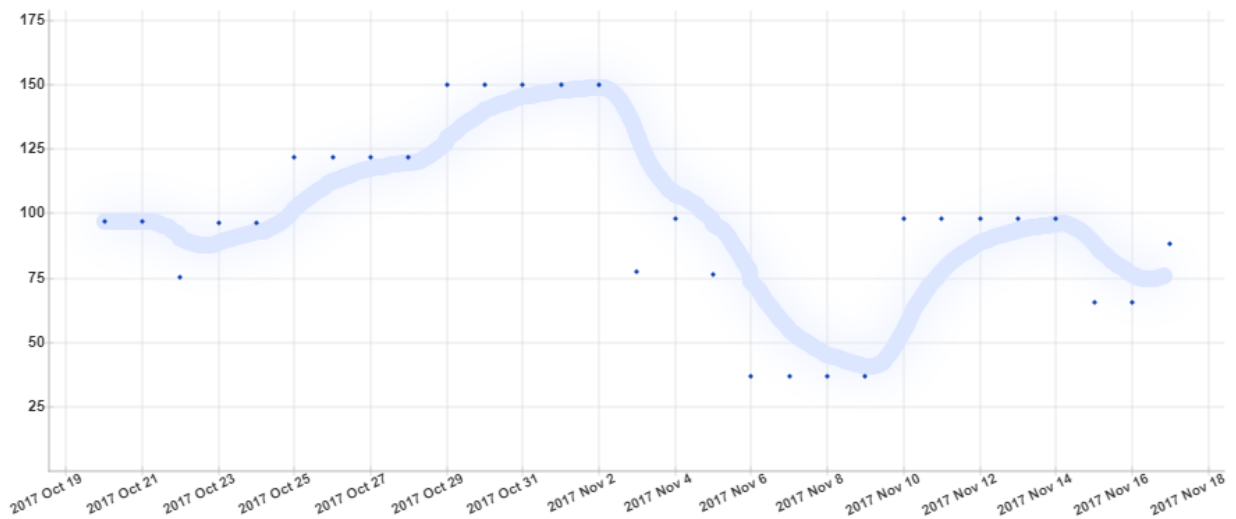
Net Carbs (g) from 2017 October 20 to 2017 November 17



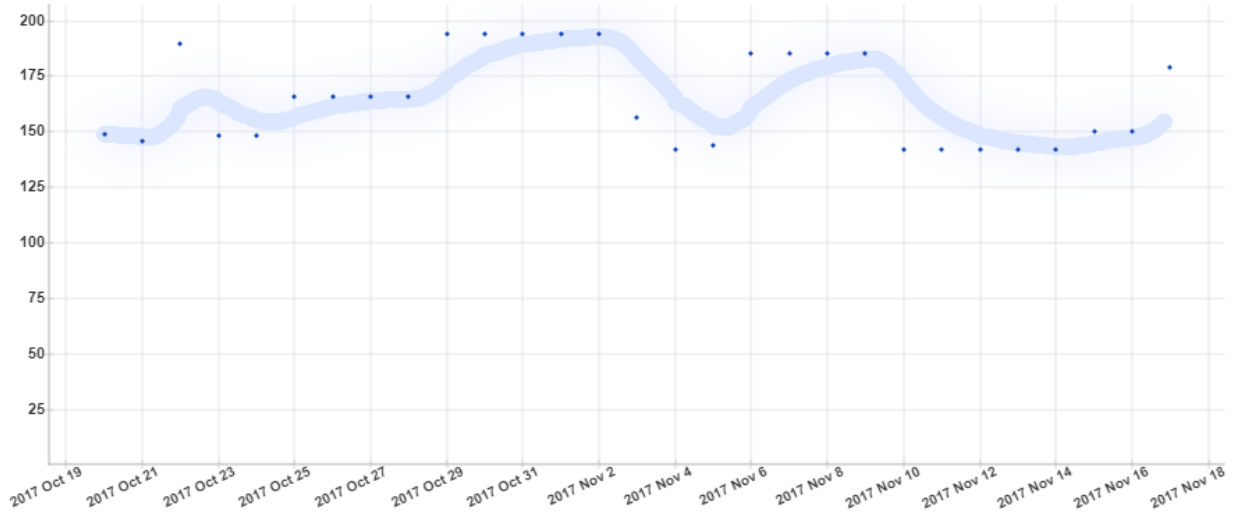
Protein (g) from 2017 October 20 to 2017 November 17



Saturated (g) from 2017 October 20 to 2017 November 17



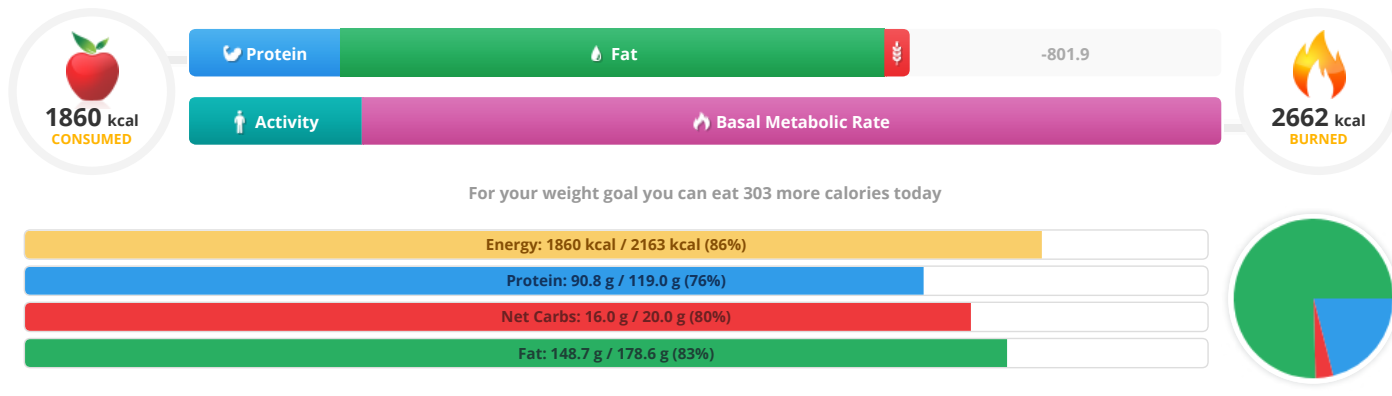
Fat (g) from 2017 October 20 to 2017 November 17



Diary for 2017 October 20, Friday

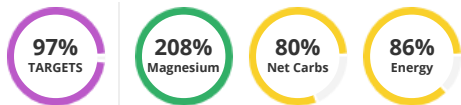
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	226.04	lbs	
Body Fat (Withings)	28.98	%	
Blood Glucose	87	mg/dL	
Total Cholesterol	180	mg/dL	
LDL Cholesterol	107	mg/dL	
HDL Cholesterol	54	mg/dL	
Triglycerides	95	mg/dL	
25-Hydroxy Vitamin D	42.7	ng/mL	
Ferritin	159	ng/mL	
Insulin	6.7	uIU/mL	
C-Reactive Protein	1.24	mg/L	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.0 Chocolate plus 118ml heavy cream	3	full recipe	15.02

Calories Summary



Nutrients for 2017 October 20, Friday

Nutrient Targets



General		
Energy	1859.7 kcal	86%

Carbohydrates		
Carbs	38.3 g	96%
Fiber	22.3 g	111%
Net Carbs	16.0 g	80%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.7 g	83%
Monounsaturated	33.8 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.8 g	76%

Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.4 mg	414%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	201%
B12 (Cobalamin)	8.7 µg	361%
Folate	446.3 µg	112%
Vitamin A	5437.0 IU	181%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2066.8 mg	207%
Copper	2.5 mg	279%
Iron	20.7 mg	517%
Magnesium	874.7 mg	208%
Manganese	2.9 mg	125%
Phosphorus	1251.4 mg	179%
Potassium	5541.6 mg	118%
Selenium	244.7 µg	445%
Sodium	2772.9 mg	92%
Zinc	21.9 mg	199%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

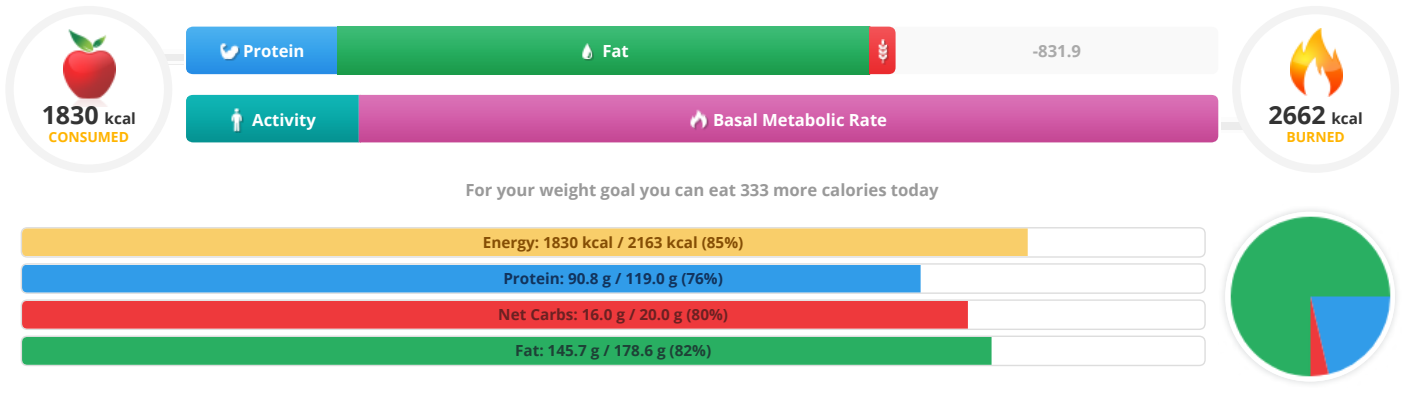


CALCIUM : MAGNESIUM

Diary for 2017 October 21, Saturday

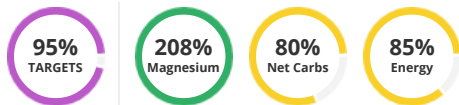
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	224.56	lbs	
Body Fat (Withings)	29.95	%	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	3	full recipe	15.02
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1

Calories Summary



Nutrients for 2017 October 21, Saturday

Nutrient Targets



General		
Energy	1829.7 kcal	85%

Carbohydrates		
Carbs	38.3 g	96%
Fiber	22.3 g	111%
Net Carbs	16.0 g	80%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	145.7 g	81%
Monounsaturated	33.8 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	0.6 g	36%

Protein		
Protein	90.8 g	76%

Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.4 mg	414%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	201%
B12 (Cobalamin)	8.7 µg	361%
Folate	446.3 µg	112%
Vitamin A	5437.0 IU	181%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2066.8 mg	207%
Copper	2.5 mg	279%
Iron	20.7 mg	517%
Magnesium	874.7 mg	208%
Manganese	2.9 mg	125%
Phosphorus	1251.4 mg	179%
Potassium	5541.6 mg	118%
Selenium	244.7 µg	445%
Sodium	2772.9 mg	92%
Zinc	21.9 mg	199%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

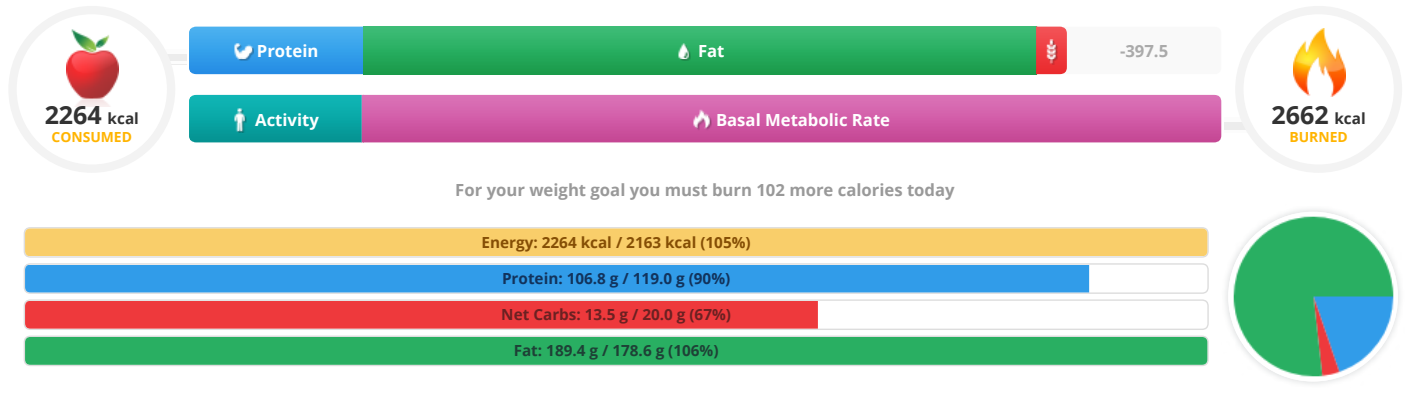


CALCIUM : MAGNESIUM

Diary for 2017 October 22, Sunday

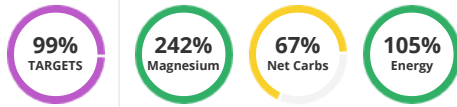
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	226.94	lbs	
Body Fat (Withings)	29.41	%	
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 - Peanut Butter	1	Scoop	2.5
Cream, fluid, heavy whipping Darigold 40%	4	fl oz	3.27
Keto Chow 2.0 Chocolate plus 54g Avocado Oil	1	Serving	2.77
Keto Chow Fish Oil	1	× 2 Pills	0
White bread, store bought	0.25	g	0.12
Ketones (Blood)	0.4	mmol/L	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1

Calories Summary



Nutrients for 2017 October 22, Sunday

Nutrient Targets



General		
Energy	2264.1 kcal	105%

Carbohydrates		
Carbs	40.9 g	102%
Fiber	27.4 g	137%
Net Carbs	13.5 g	67%
Starch	0.1 g	No Target
Sugars	9.5 g	No Target
Sugar Alcohol	0.0 g	No Target

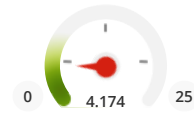
Lipids		
Fat	189.4 g	106%
Monounsaturated	83.6 g	No Target
Polyunsaturated	16.0 g	No Target
Omega-3	3.2 g	199%

Protein		
Protein	106.8 g	90%

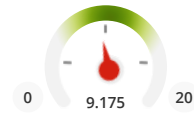
Vitamins		
B1 (Thiamine)	2.6 mg	213%
B2 (Riboflavin)	5.3 mg	405%
B3 (Niacin)	26.5 mg	166%
B5 (Pantothenic Acid)	18.8 mg	376%
B6 (Pyridoxine)	3.1 mg	240%
B12 (Cobalamin)	10.1 µg	420%
Folate	536.7 µg	134%
Vitamin A	3959.1 IU	132%
Vitamin C	432.2 mg	480%
Vitamin D	3021.7 IU	504%
Vitamin E	30.9 mg	206%
Vitamin K	151.2 µg	126%

Minerals		
Calcium	2220.6 mg	222%
Copper	2.8 mg	316%
Iron	24.2 mg	605%
Magnesium	1016.5 mg	242%
Manganese	3.3 mg	142%
Phosphorus	1409.6 mg	201%
Potassium	6452.2 mg	137%
Selenium	286.8 µg	521%
Sodium	3254.4 mg	108%
Zinc	26.1 mg	237%

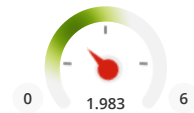
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

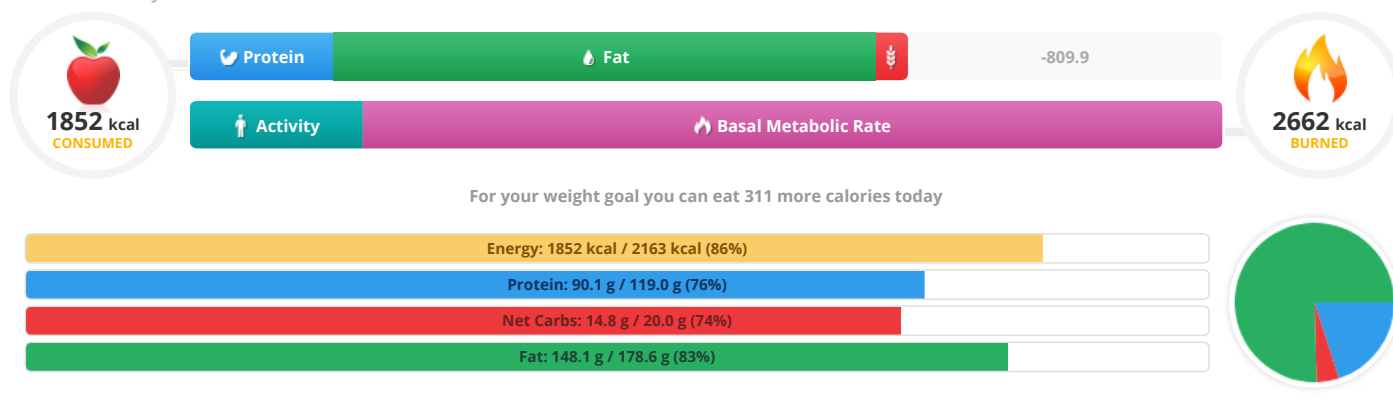


CALCIUM : MAGNESIUM

Diary for 2017 October 23, Monday

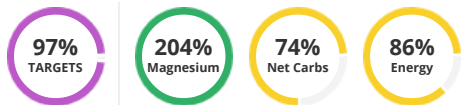
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	224.25	lbs	
Body Fat (Withings)	30.48	%	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Ketones (Blood)	0.5	mmol/L	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1

Calories Summary



Nutrients for 2017 October 23, Monday

Nutrient Targets



General		
Energy	1851.7 kcal	86%

Carbohydrates		
Carbs	36.0 g	90%
Fiber	21.1 g	106%
Net Carbs	14.8 g	74%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	148.1 g	83%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	76%

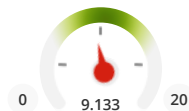
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	855.7 mg	204%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2771.9 mg	92%
Zinc	21.6 mg	197%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

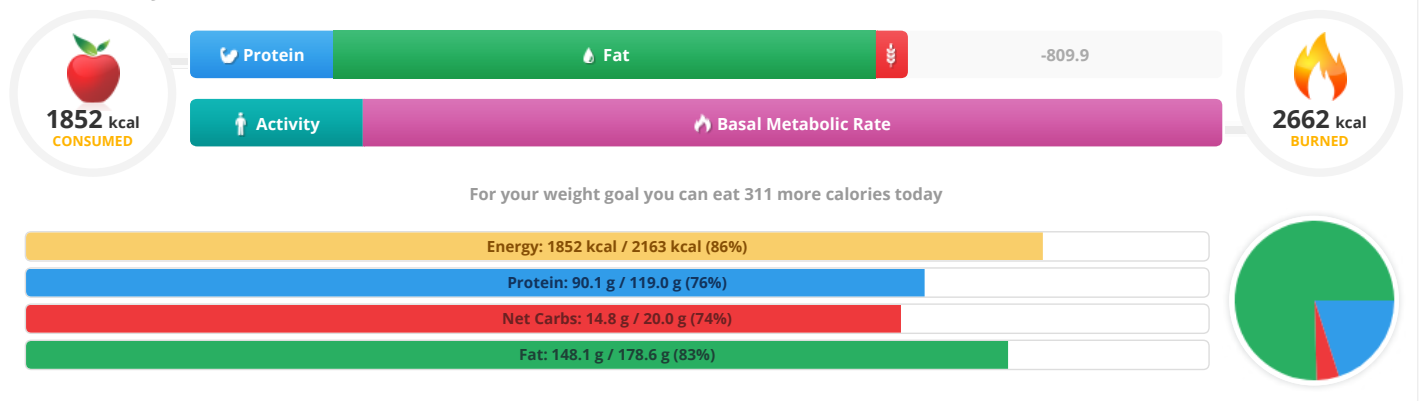


CALCIUM : MAGNESIUM

Diary for 2017 October 24, Tuesday

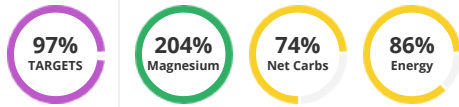
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.39	lbs	
Body Fat (Withings)	30.11	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	1	full recipe	3.84
Keto Chow 2.0 Chocolate plus 118ml heavy cream	2	full recipe	10.01
Ketones (Blood)	0.4	mmol/L	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1

Calories Summary



Nutrients for 2017 October 24, Tuesday

Nutrient Targets



General		
Energy	1851.7 kcal	86%

Carbohydrates		
Carbs	36.0 g	90%
Fiber	21.1 g	106%
Net Carbs	14.8 g	74%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	No Target

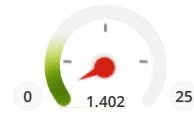
Lipids		
Fat	148.1 g	83%
Monounsaturated	33.6 g	No Target
Polyunsaturated	6.1 g	No Target
Omega-3	2.5 g	159%

Protein		
Protein	90.1 g	76%

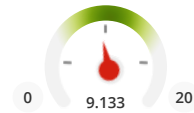
Vitamins		
B1 (Thiamine)	2.2 mg	181%
B2 (Riboflavin)	5.0 mg	382%
B3 (Niacin)	21.3 mg	133%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.7 µg	361%
Folate	445.3 µg	111%
Vitamin A	5414.0 IU	180%
Vitamin C	362.1 mg	402%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	110%

Minerals		
Calcium	2059.8 mg	206%
Copper	2.4 mg	263%
Iron	20.0 mg	500%
Magnesium	855.7 mg	204%
Manganese	2.7 mg	118%
Phosphorus	1222.4 mg	175%
Potassium	5441.6 mg	116%
Selenium	244.3 µg	444%
Sodium	2771.9 mg	92%
Zinc	21.6 mg	197%

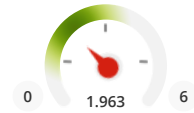
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

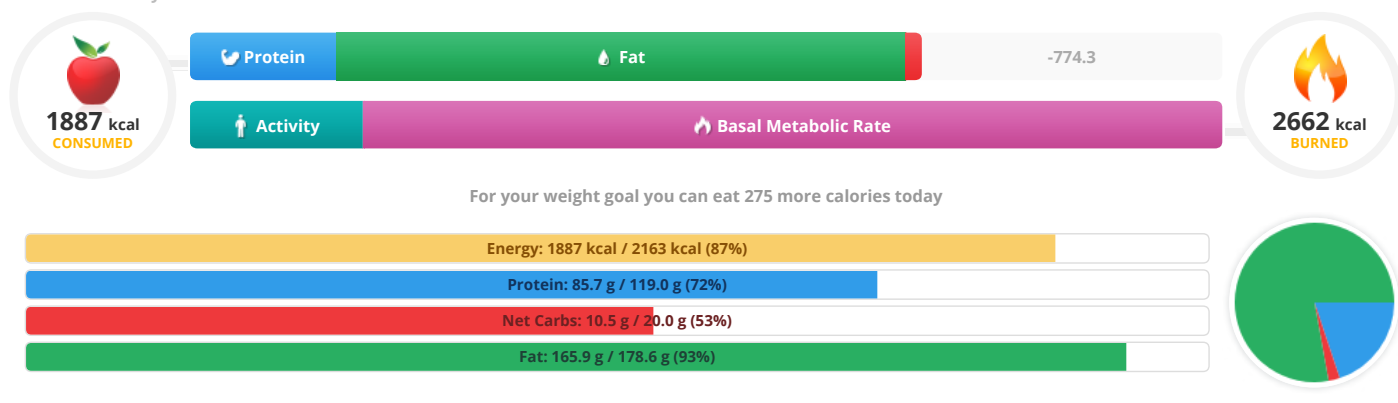


CALCIUM : MAGNESIUM

Diary for 2017 October 25, Wednesday

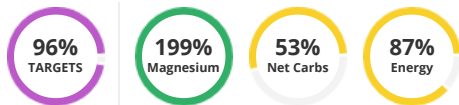
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	223.26	lbs	
Body Fat (Withings)	28.87	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Clear American, Unsweetened Blackberry Sparkling Water	1	can	0
Ketones (Blood)	0.7	mmol/L	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1

Calories Summary



Nutrients for 2017 October 25, Wednesday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3227.7 mg	108%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

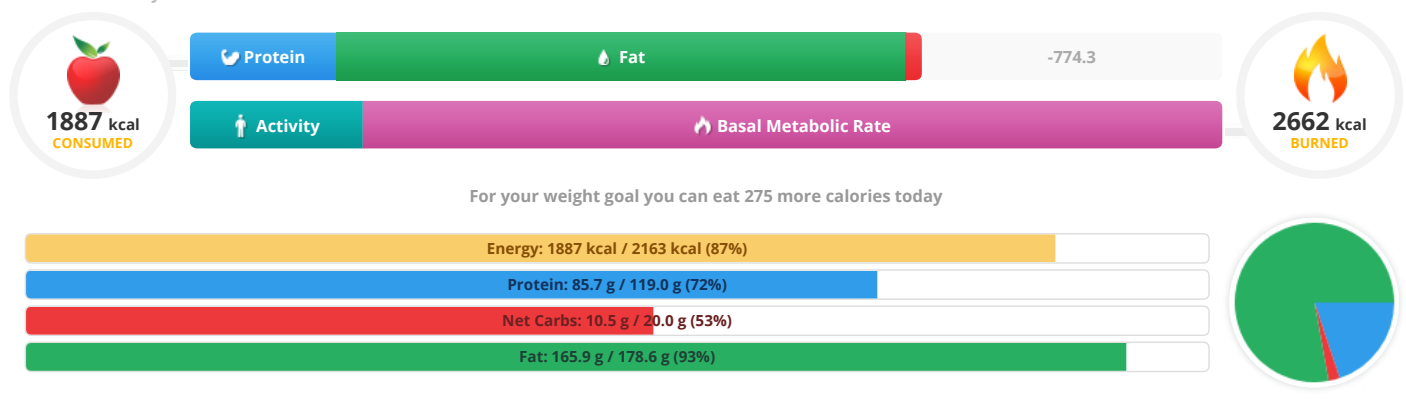


CALCIUM : MAGNESIUM

Diary for 2017 October 26, Thursday

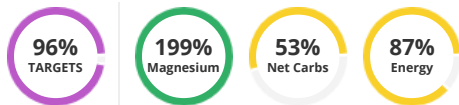
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	222.44	lbs	
Body Fat (Withings)	28.93	%	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Redmond, Real Salt, Fine Salt	1	× 1/4 tsp	0
Ketones (Blood)	1	mmol/L	

Calories Summary



Nutrients for 2017 October 26, Thursday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	3227.7 mg	108%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

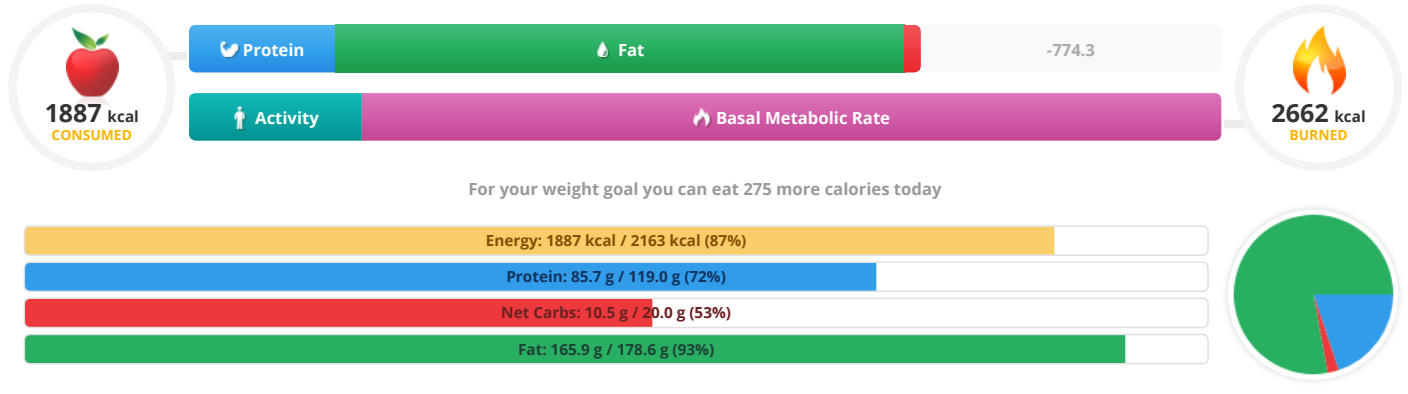


CALCIUM : MAGNESIUM

Diary for 2017 October 27, Friday

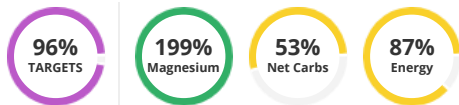
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		93 bpm	
Weight (Withings)		221.32 lbs	
Body Fat (Withings)		30.02 %	
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)		1.8 mmol/L	
Blood Glucose		74 mg/dL	
Total Cholesterol		172 mg/dL	
LDL Cholesterol		103 mg/dL	
HDL Cholesterol		48 mg/dL	
Triglycerides		107 mg/dL	
Insulin		3.7 uIU/mL	
C-Reactive Protein		1.58 mg/L	

Calories Summary



Nutrients for 2017 October 27, Friday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

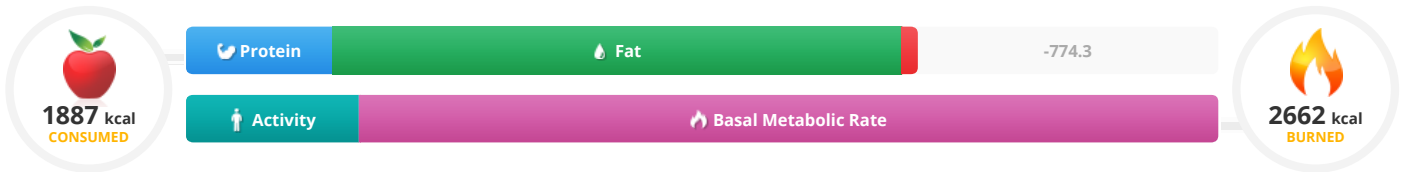


CALCIUM : MAGNESIUM

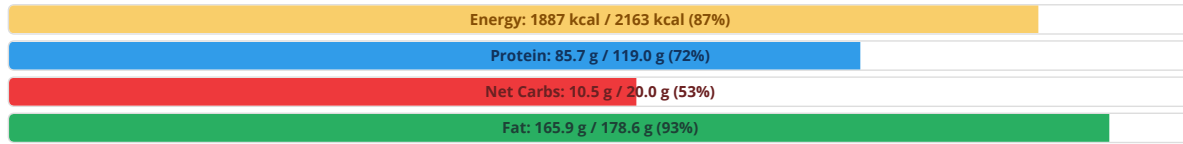
Diary for 2017 October 28, Saturday

Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.62	lbs	
Body Fat (Withings)	29.5	%	
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 16.6ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Ketones (Blood)	2.3	mmol/L	

Calories Summary

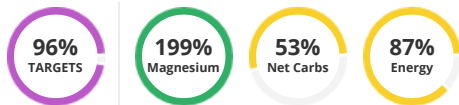


For your weight goal you can eat 275 more calories today



Nutrients for 2017 October 28, Saturday

Nutrient Targets



General		
Energy	1887.3 kcal	87%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	165.9 g	93%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

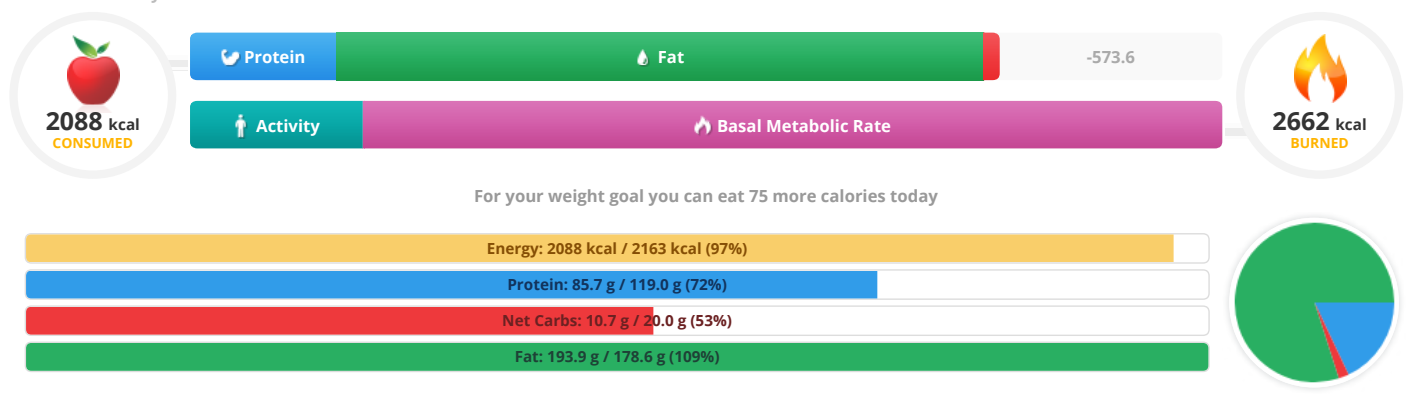


CALCIUM : MAGNESIUM

Diary for 2017 October 29, Sunday

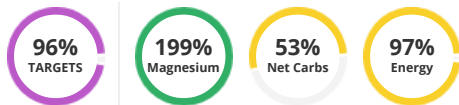
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		99 bpm	
Weight (Withings)		220.84 lbs	
Body Fat (Withings)		29.43 %	
Keto Chow 2.1rc1 100ml cream 25ml MCT		3 full recipe	9.54
Source Naturals, Magnesium Malate		0.33 × 3 tablets	1
Keto Chow Fish Oil		1 × 2 Pills	0
Ketones (Blood)		1.6 mmol/L	
White bread, store bought		0.25 g	0.12

Calories Summary



Nutrients for 2017 October 29, Sunday

Nutrient Targets



General		
Energy	2088.0 kcal	97%

Carbohydrates		
Carbs	33.0 g	82%
Fiber	22.3 g	111%
Net Carbs	10.7 g	53%
Starch	0.1 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.3 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.4 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.2 mg	166%
Potassium	5039.3 mg	107%
Selenium	219.1 µg	398%
Sodium	2698.9 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

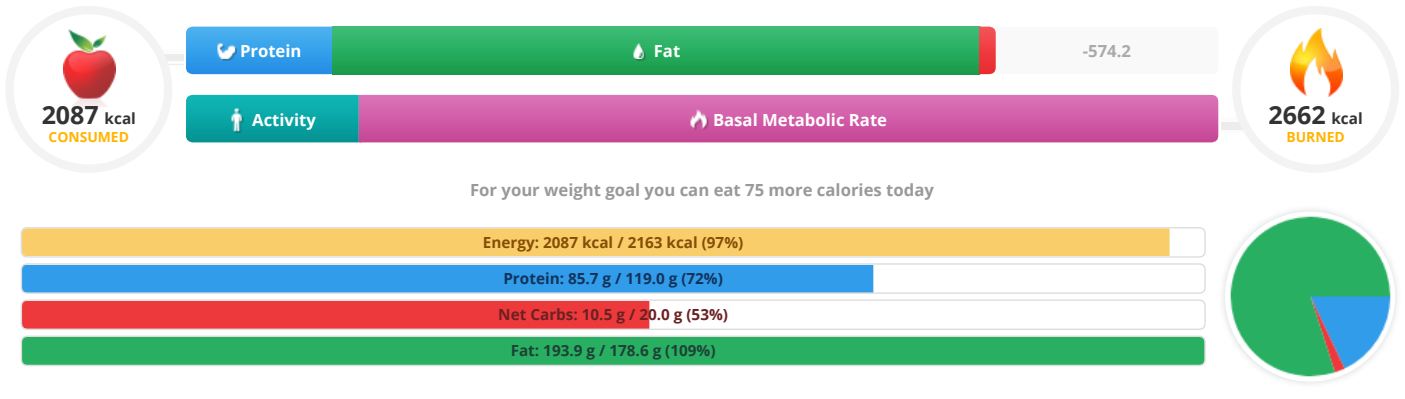


CALCIUM : MAGNESIUM

Diary for 2017 October 30, Monday

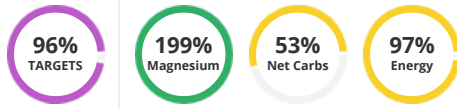
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	220.82	lbs	
Body Fat (Withings)	28.57	%	
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Ketones (Blood)	1.4	mmol/L	

Calories Summary



Nutrients for 2017 October 30, Monday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

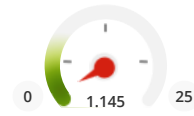
Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

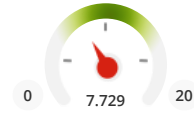
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

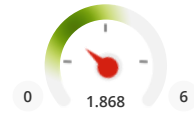
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

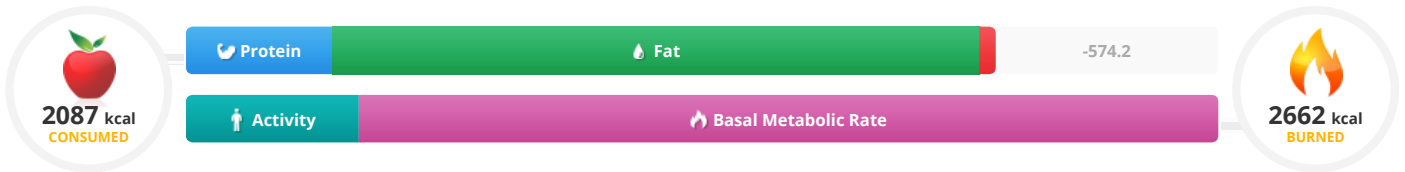


CALCIUM : MAGNESIUM

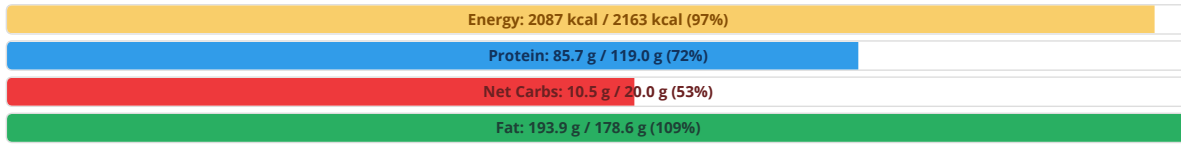
Diary for 2017 October 31, Tuesday

Description	Amount	Unit	Net Carbs (g)
Weight (Withings)		219.91 lbs	
Body Fat (Withings)		28.13 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Source Naturals, Magnesium Malate		0.33 × 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT		3 full recipe	9.54
Ketones (Blood)		2.8 mmol/L	

Calories Summary

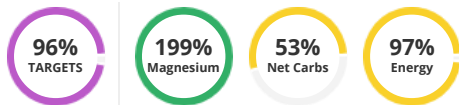


For your weight goal you can eat 75 more calories today



Nutrients for 2017 October 31, Tuesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

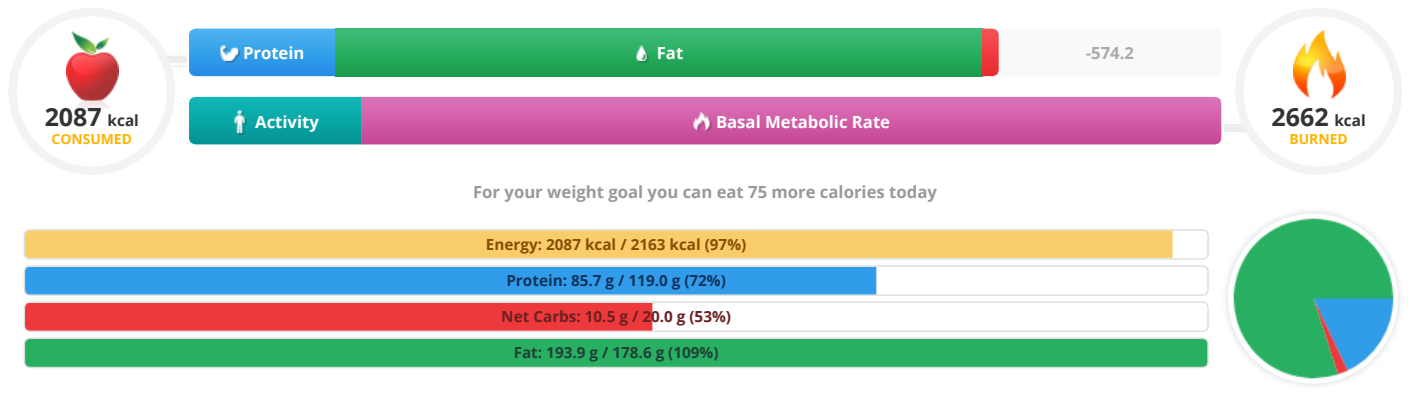


CALCIUM : MAGNESIUM

Diary for 2017 November 1, Wednesday

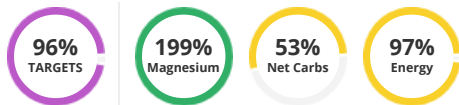
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	217.65	lbs	
Body Fat (Withings)	28.75	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	3.2	mmol/L	

Calories Summary



Nutrients for 2017 November 1, Wednesday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

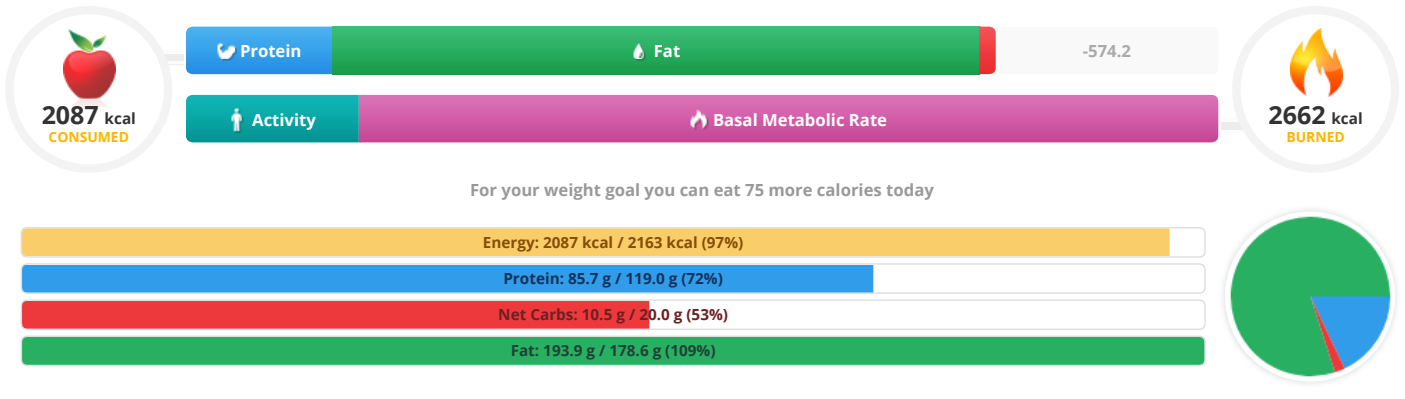


CALCIUM : MAGNESIUM

Diary for 2017 November 2, Thursday

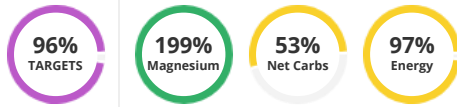
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)		219.03 lbs	
Body Fat (Withings)		28.03 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc1 100ml cream 25ml MCT	3	full recipe	9.54
Ketones (Blood)	2.2	mmol/L	

Calories Summary



Nutrients for 2017 November 2, Thursday

Nutrient Targets



General		
Energy	2087.3 kcal	97%

Carbohydrates		
Carbs	32.8 g	82%
Fiber	22.3 g	111%
Net Carbs	10.5 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	193.9 g	108%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.7 g	72%

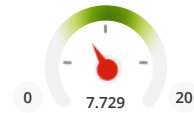
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2440.0 mg	244%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	836.8 mg	199%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2697.7 mg	90%
Zinc	15.7 mg	143%

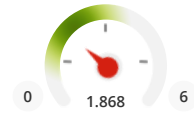
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

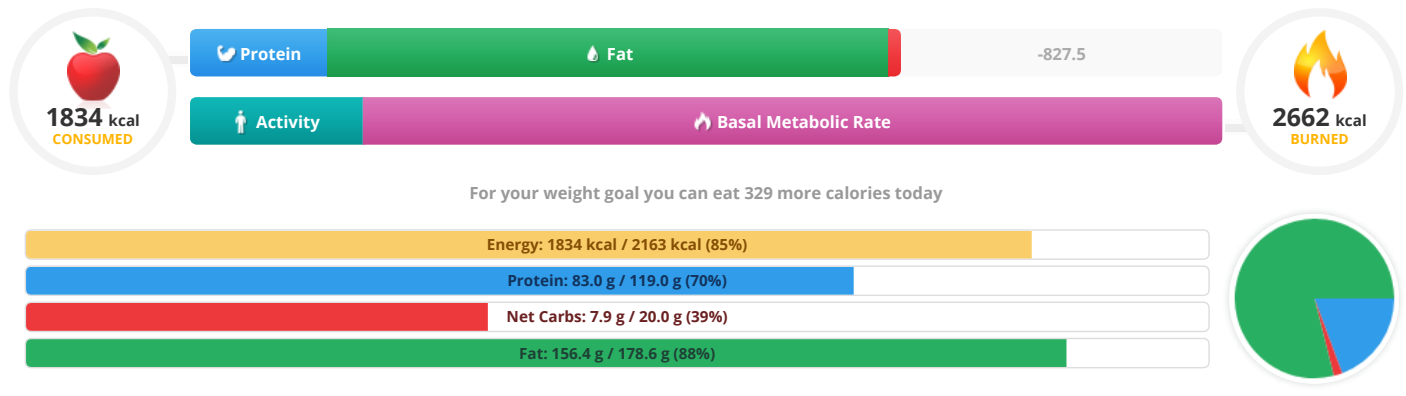


CALCIUM : MAGNESIUM

Diary for 2017 November 3, Friday

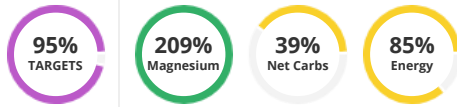
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	217.98	lbs	
Body Fat (Withings)	28.72	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 60ml Avocado Oil	1	full recipe	0.47
Keto Chow 2.1rc2 100ml Heavy Cream	2	full recipe	6.42
Ketones (Blood)	3	mmol/L	
Blood Glucose	76	mg/dL	
Total Cholesterol	176	mg/dL	
LDL Cholesterol	103	mg/dL	
HDL Cholesterol	50	mg/dL	
Triglycerides	113	mg/dL	
Insulin	6.6	uIU/mL	
C-Reactive Protein	2.09	mg/L	

Calories Summary



Nutrients for 2017 November 3, Friday

Nutrient Targets



General		
Energy	1834.1 kcal	85%

Carbohydrates		
Carbs	29.8 g	74%
Fiber	21.9 g	110%
Net Carbs	7.9 g	39%
Starch	0.0 g	No Target
Sugars	7.2 g	No Target
Sugar Alcohol	0.0 g	No Target

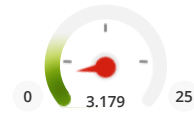
Lipids		
Fat	156.4 g	87%
Monounsaturated	56.7 g	No Target
Polyunsaturated	10.5 g	No Target
Omega-3	2.7 g	171%

Protein		
Protein	83.0 g	70%

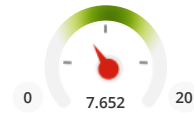
Vitamins		
B1 (Thiamine)	1.5 mg	128%
B2 (Riboflavin)	2.1 mg	160%
B3 (Niacin)	20.1 mg	126%
B5 (Pantothenic Acid)	11.0 mg	220%
B6 (Pyridoxine)	2.1 mg	160%
B12 (Cobalamin)	6.3 µg	263%
Folate	408.0 µg	102%
Vitamin A	3269.7 IU	109%
Vitamin C	361.2 mg	401%
Vitamin D	926.0 IU	154%
Vitamin E	32.7 mg	218%
Vitamin K	176.2 µg	147%

Minerals		
Calcium	2276.7 mg	228%
Copper	2.0 mg	225%
Iron	5.1 mg	128%
Magnesium	875.7 mg	209%
Manganese	2.4 mg	105%
Phosphorus	1106.0 mg	158%
Potassium	4939.0 mg	105%
Selenium	216.0 µg	393%
Sodium	2582.3 mg	86%
Zinc	15.5 mg	141%

Nutrient Balances



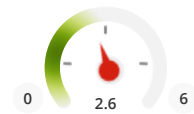
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

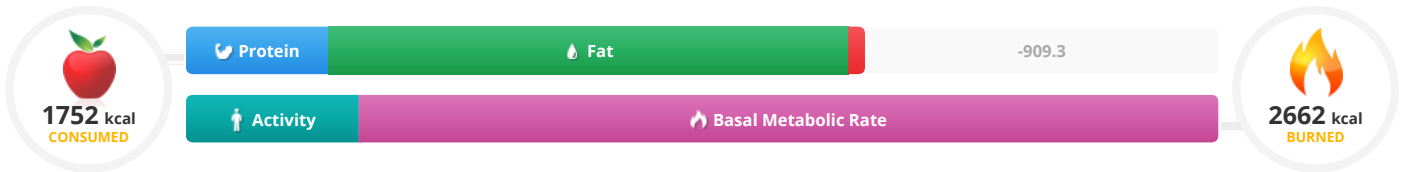


CALCIUM : MAGNESIUM

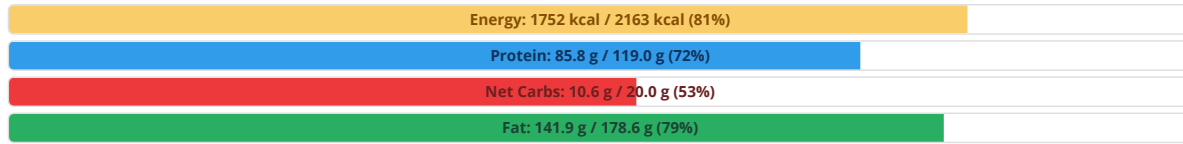
Diary for 2017 November 4, Saturday

Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	216.92	lbs	
Body Fat (Withings)	27.54	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Ketones (Blood)	2.7	mmol/L	

Calories Summary

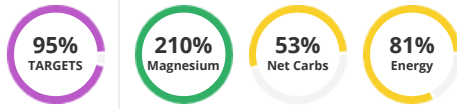


For your weight goal you can eat 410 more calories today



Nutrients for 2017 November 4, Saturday

Nutrient Targets



General		
Energy	1752.3 kcal	81%

Carbohydrates		
Carbs	32.5 g	81%
Fiber	21.9 g	110%
Net Carbs	10.6 g	53%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

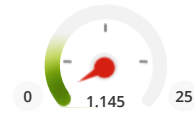
Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	72%

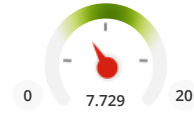
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	882.7 mg	210%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2615.7 mg	87%
Zinc	15.7 mg	143%

Nutrient Balances



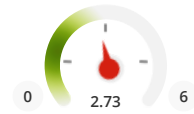
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

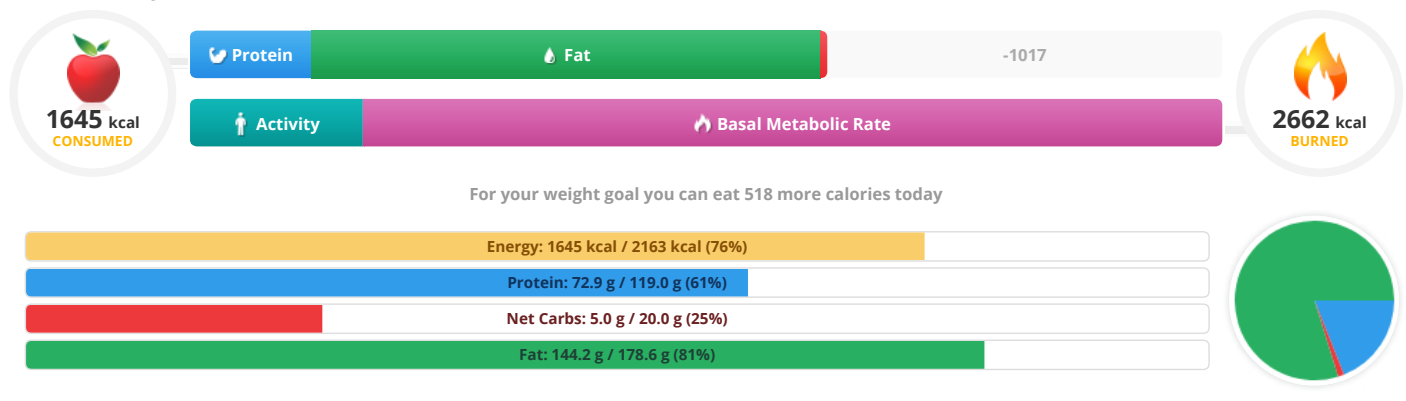


CALCIUM : MAGNESIUM

Diary for 2017 November 5, Sunday

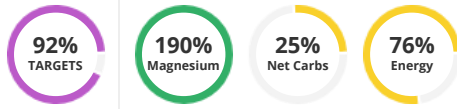
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		56 bpm	
Weight (Withings)		216.16 lbs	
Body Fat (Withings)		29.1 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
Keto Chow 2.1rc2 60ml Avocado Oil	0.7	full recipe	0.33
Keto Chow 2.1rc2 100ml Heavy Cream	1	full recipe	3.21
Keto Chow 2.1rc2 1/2 stick Butter	1	full recipe	0.5
Ketones (Blood)		5.5 mmol/L	

Calories Summary



Nutrients for 2017 November 5, Sunday

Nutrient Targets



General		
Energy	1644.6 kcal	76%

Carbohydrates		
Carbs	24.8 g	62%
Fiber	19.7 g	99%
Net Carbs	5.0 g	25%
Starch	0.0 g	No Target
Sugars	4.2 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	144.2 g	81%
Monounsaturated	47.9 g	No Target
Polyunsaturated	8.4 g	No Target
Omega-3	2.6 g	164%

Protein		
Protein	72.9 g	61%

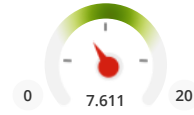
Vitamins		
B1 (Thiamine)	1.4 mg	114%
B2 (Riboflavin)	1.7 mg	134%
B3 (Niacin)	18.1 mg	113%
B5 (Pantothenic Acid)	9.5 mg	191%
B6 (Pyridoxine)	1.8 mg	142%
B12 (Cobalamin)	5.7 µg	236%
Folate	365.7 µg	91%
Vitamin A	3294.2 IU	110%
Vitamin C	324.6 mg	361%
Vitamin D	788.8 IU	131%
Vitamin E	28.6 mg	191%
Vitamin K	150.0 µg	125%

Minerals		
Calcium	1956.0 mg	196%
Copper	1.8 mg	201%
Iron	4.5 mg	113%
Magnesium	797.9 mg	190%
Manganese	2.2 mg	94%
Phosphorus	962.6 mg	138%
Potassium	4378.7 mg	93%
Selenium	192.6 µg	350%
Sodium	2662.5 mg	89%
Zinc	13.8 mg	125%

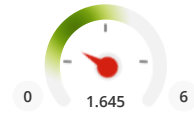
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER







POTASSIUM : SODIUM

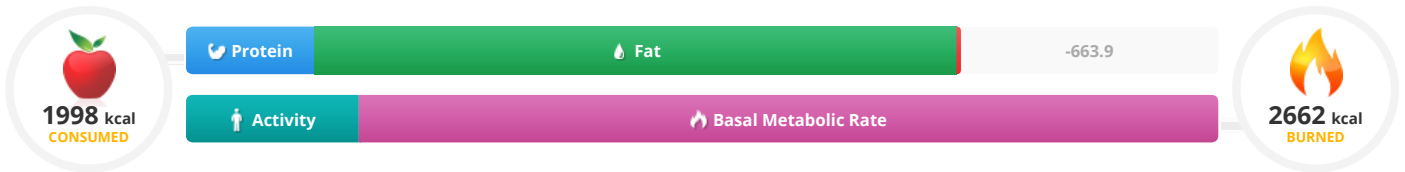


CALCIUM : MAGNESIUM

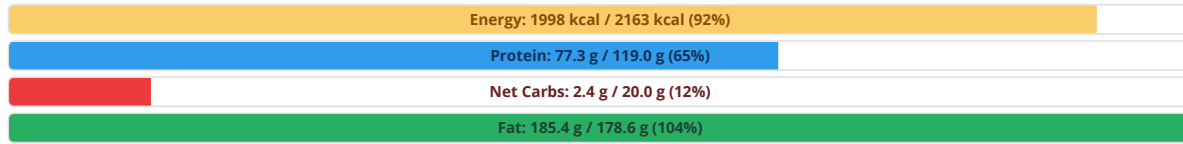
Diary for 2017 November 6, Monday

Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Source Naturals, Magnesium Malate	0.33	× 3 tablets	1
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	4.9	mmol/L	

Calories Summary

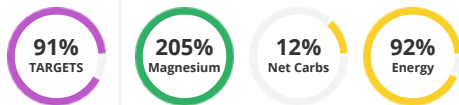


For your weight goal you can eat 165 more calories today



Nutrients for 2017 November 6, Monday

Nutrient Targets



General		
Energy	1997.7 kcal	92%

Carbohydrates		
Carbs	24.3 g	61%
Fiber	21.9 g	110%
Net Carbs	2.4 g	12%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polyunsaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	65%

Vitamins			
B1 (Thiamine)	1.5 mg	125%	
B2 (Riboflavin)	1.7 mg	132%	
B3 (Niacin)	20.0 mg	125%	
B5 (Pantothenic Acid)	10.0 mg	200%	
B6 (Pyridoxine)	2.0 mg	155%	
B12 (Cobalamin)	6.0 µg	250%	
Folate	400.0 µg	100%	
Vitamin A	603.0 IU	20%	
Vitamin C	360.0 mg	400%	
Vitamin D	800.0 IU	133%	
Vitamin E	44.5 mg	297%	
Vitamin K	269.4 µg	225%	

Minerals			
Calcium	2010.0 mg	201%	
Copper	2.0 mg	222%	
Iron	4.9 mg	123%	
Magnesium	861.7 mg	205%	
Manganese	2.4 mg	104%	
Phosphorus	990.0 mg	141%	
Potassium	4739.0 mg	101%	
Selenium	210.0 µg	382%	
Sodium	2515.7 mg	84%	
Zinc	15.0 mg	136%	

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER






POTASSIUM : SODIUM

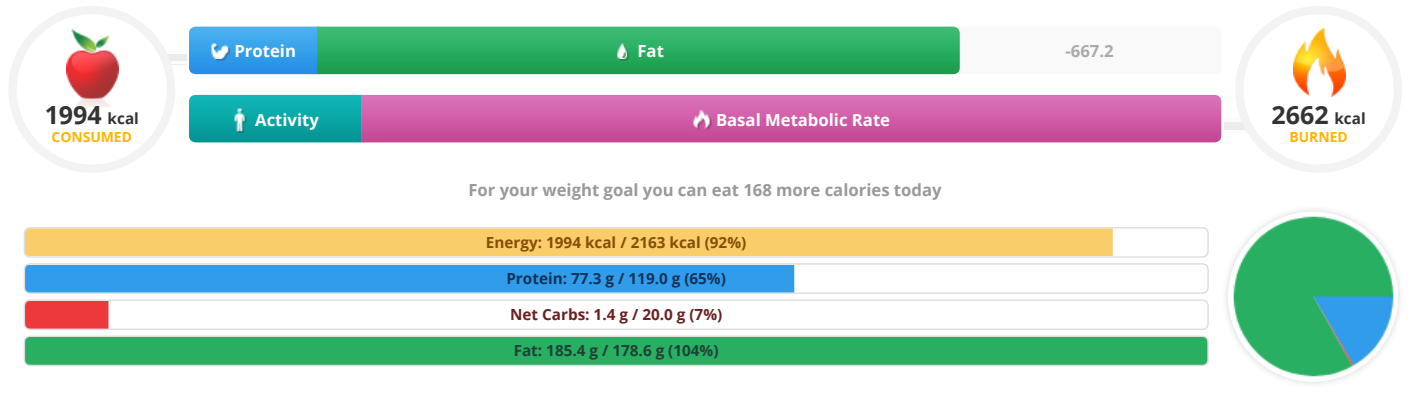


CALCIUM : MAGNESIUM

Diary for 2017 November 7, Tuesday

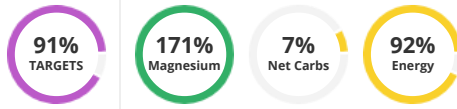
Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	5	mmol/L	

Calories Summary



Nutrients for 2017 November 7, Tuesday

Nutrient Targets



General		
Energy	1994.4 kcal	92%

Carbohydrates		
Carbs	23.3 g	58%
Fiber	21.9 g	110%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polyunsaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	65%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	800.0 IU	133%
Vitamin E	44.5 mg	297%
Vitamin K	269.4 µg	225%

Minerals		
Calcium	2010.0 mg	201%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	720.1 mg	171%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4739.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2514.0 mg	84%
Zinc	15.0 mg	136%

Nutrient Balances



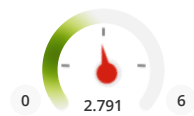
OMEGA-6 : OMEGA-3



ZINC : COPPER






POTASSIUM : SODIUM

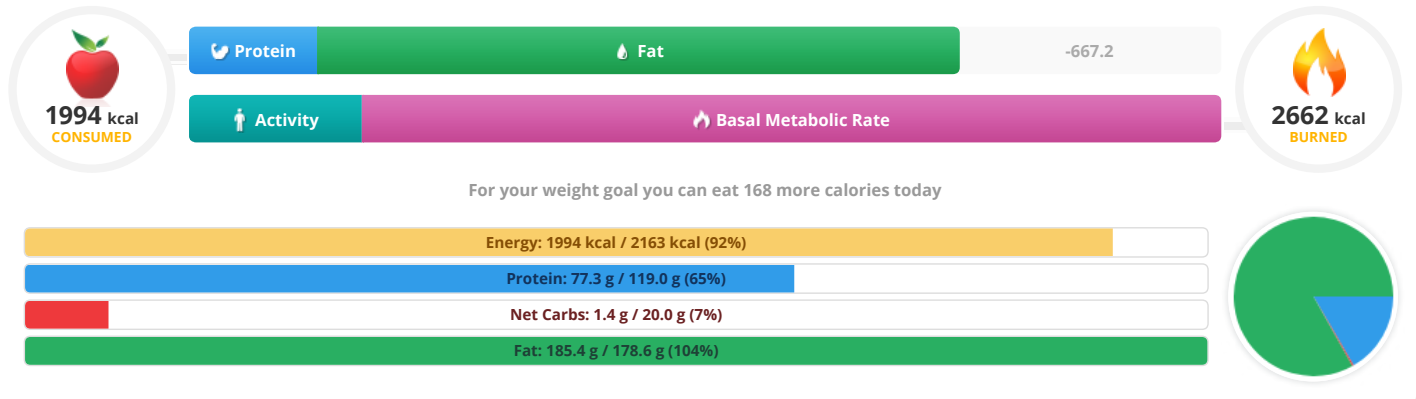


CALCIUM : MAGNESIUM

Diary for 2017 November 8, Wednesday

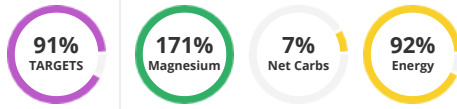
Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	5.3	mmol/L	

Calories Summary



Nutrients for 2017 November 8, Wednesday

Nutrient Targets



General		
Energy	1994.4 kcal	92%

Carbohydrates		
Carbs	23.3 g	58%
Fiber	21.9 g	110%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polyunsaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	65%

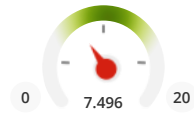
Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	800.0 IU	133%
Vitamin E	44.5 mg	297%
Vitamin K	269.4 µg	225%

Minerals		
Calcium	2010.0 mg	201%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	720.1 mg	171%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4739.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2514.0 mg	84%
Zinc	15.0 mg	136%

Nutrient Balances



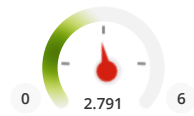
OMEGA-6 : OMEGA-3



ZINC : COPPER






POTASSIUM : SODIUM

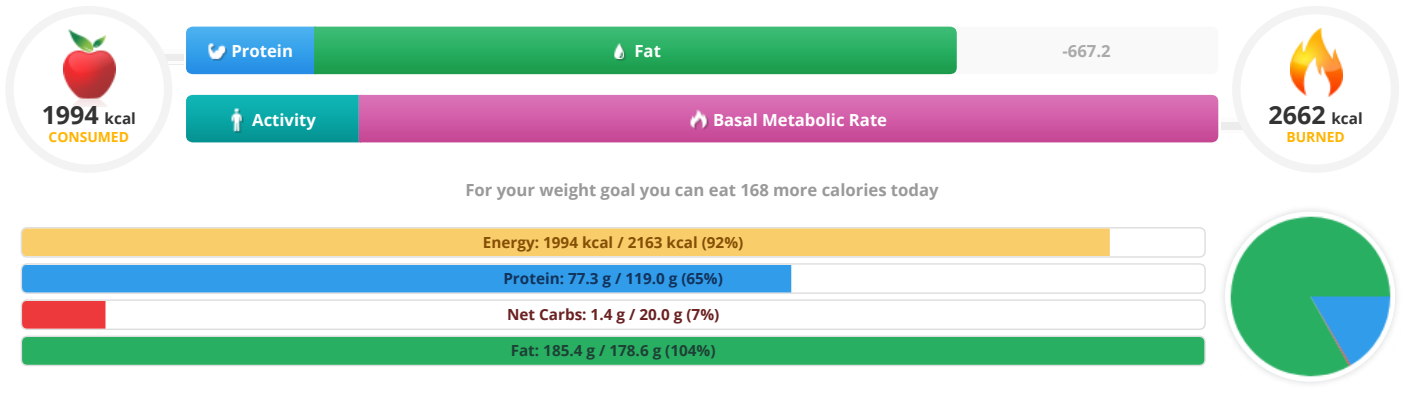


CALCIUM : MAGNESIUM

Diary for 2017 November 9, Thursday

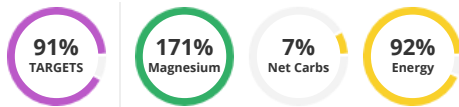
Description	Amount	Unit	Net Carbs (g)
 Keto Chow Fish Oil	1	× 2 Pills	0
 Keto Chow 2.1rc2 60ml Avocado Oil	3	full recipe	1.41
 Ketones (Blood)	4.8	mmol/L	

Calories Summary



Nutrients for 2017 November 9, Thursday

Nutrient Targets



General		
Energy	1994.4 kcal	92%

Carbohydrates		
Carbs	23.3 g	58%
Fiber	21.9 g	110%
Net Carbs	1.4 g	7%
Starch	0.0 g	No Target
Sugars	1.4 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	185.4 g	104%
Monounsaturated	115.4 g	No Target
Polyunsaturated	22.1 g	No Target
Omega-3	3.3 g	209%

Protein		
Protein	77.3 g	65%

Vitamins		
B1 (Thiamine)	1.5 mg	125%
B2 (Riboflavin)	1.7 mg	132%
B3 (Niacin)	20.0 mg	125%
B5 (Pantothenic Acid)	10.0 mg	200%
B6 (Pyridoxine)	2.0 mg	155%
B12 (Cobalamin)	6.0 µg	250%
Folate	400.0 µg	100%
Vitamin A	603.0 IU	20%
Vitamin C	360.0 mg	400%
Vitamin D	800.0 IU	133%
Vitamin E	44.5 mg	297%
Vitamin K	269.4 µg	225%

Minerals		
Calcium	2010.0 mg	201%
Copper	2.0 mg	222%
Iron	4.9 mg	123%
Magnesium	720.1 mg	171%
Manganese	2.4 mg	104%
Phosphorus	990.0 mg	141%
Potassium	4739.0 mg	101%
Selenium	210.0 µg	382%
Sodium	2514.0 mg	84%
Zinc	15.0 mg	136%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

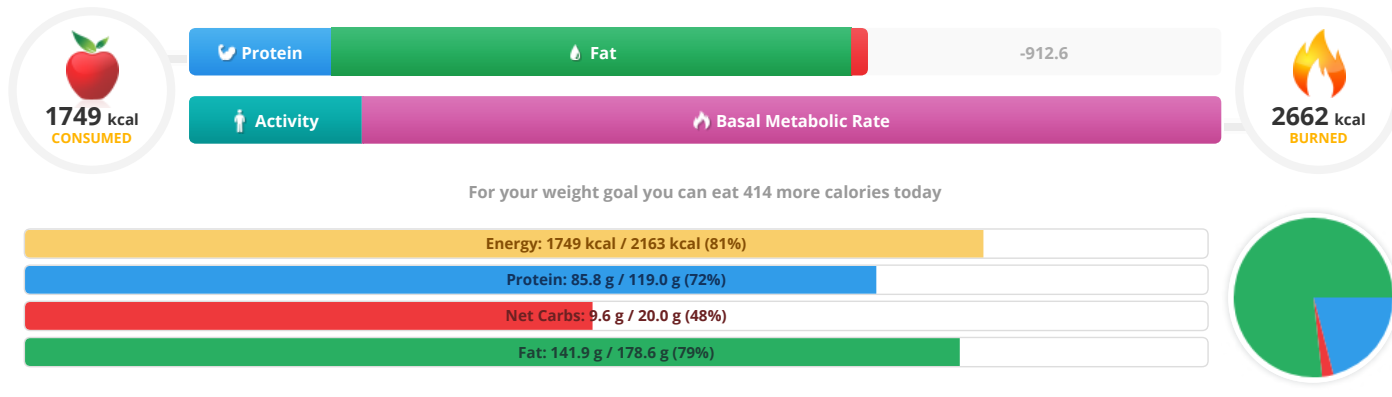


CALCIUM : MAGNESIUM

Diary for 2017 November 10, Friday

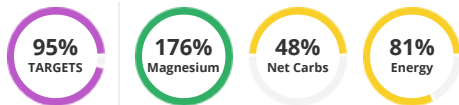
Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		53 bpm	
Weight (Withings)		214.68 lbs	
Body Fat (Withings)		27.95 %	
Keto Chow Fish Oil		1 × 2 Pills	0
Keto Chow 2.1rc2 100ml Heavy Cream		3 full recipe	9.63
Ketones (Blood)		4.4 mmol/L	
Blood Glucose		64 mg/dL	
Total Cholesterol		149 mg/dL	
LDL Cholesterol		65 mg/dL	
HDL Cholesterol		44 mg/dL	
Triglycerides		199 mg/dL	
Insulin		2.7 uIU/mL	
C-Reactive Protein		2.2 mg/L	

Calories Summary



Nutrients for 2017 November 10, Friday

Nutrient Targets



General		
Energy	1749.0 kcal	81%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	21.9 g	110%
Net Carbs	9.6 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	741.1 mg	176%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2614.0 mg	87%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

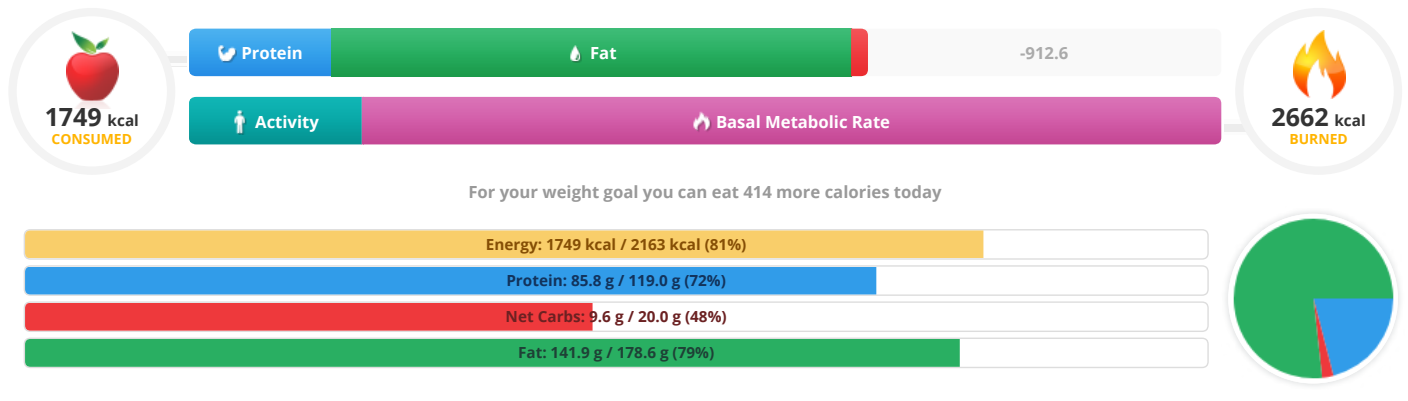


CALCIUM : MAGNESIUM

Diary for 2017 November 11, Saturday

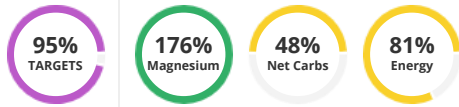
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	214.16	lbs	
Body Fat (Withings)	26.82	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Ketones (Blood)	3.8	mmol/L	

Calories Summary



Nutrients for 2017 November 11, Saturday

Nutrient Targets



General		
Energy	1749.0 kcal	81%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	21.9 g	110%
Net Carbs	9.6 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

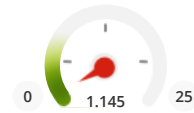
Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	741.1 mg	176%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2614.0 mg	87%
Zinc	15.7 mg	143%

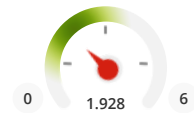
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

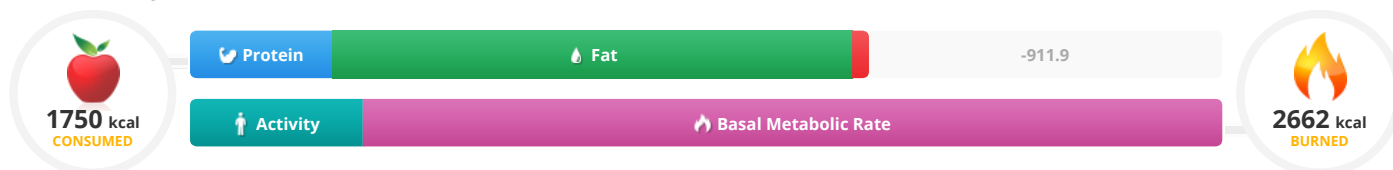


CALCIUM : MAGNESIUM

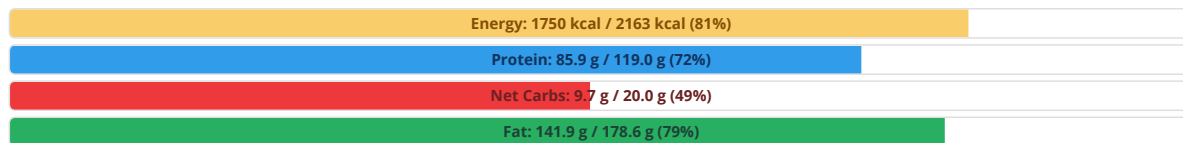
Diary for 2017 November 12, Sunday

Description	Amount	Unit	Net Carbs (g)
Body Fat (Withings)	24.28	%	
Weight (Withings)	214.38	lbs	
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Keto Chow Fish Oil	1	× 2 Pills	0
White bread, store bought	0.25	g	0.12
Ketones (Blood)	3.2	mmol/L	

Calories Summary

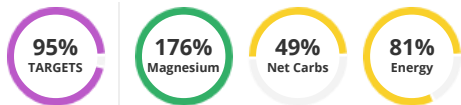


For your weight goal you can eat 413 more calories today



Nutrients for 2017 November 12, Sunday

Nutrient Targets



General		
Energy	1749.7 kcal	81%

Carbohydrates		
Carbs	31.7 g	79%
Fiber	21.9 g	110%
Net Carbs	9.7 g	49%
Starch	0.1 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.9 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.3 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.4 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	741.1 mg	176%
Manganese	2.4 mg	105%
Phosphorus	1164.2 mg	166%
Potassium	5039.3 mg	107%
Selenium	219.1 µg	398%
Sodium	2615.2 mg	87%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

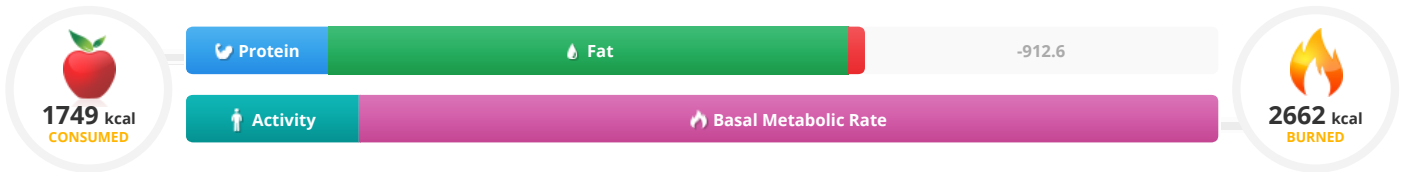


CALCIUM : MAGNESIUM

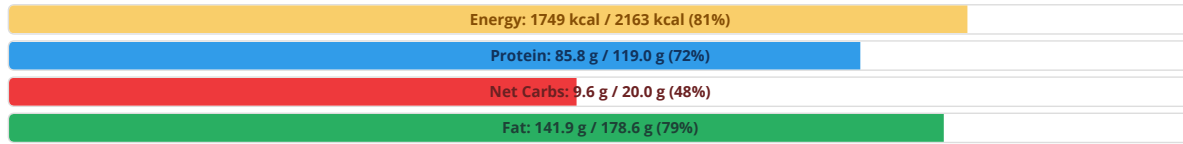
Diary for 2017 November 13, Monday

Description	Amount	Unit	Net Carbs (g)
Pulse (Withings)		73 bpm	
Weight (Withings)		213.58 lbs	
Body Fat (Withings)		25.13 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Ketones (Blood)	4.1	mmol/L	

Calories Summary

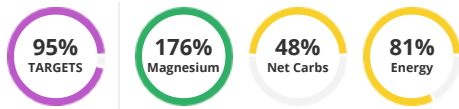


For your weight goal you can eat 414 more calories today



Nutrients for 2017 November 13, Monday

Nutrient Targets



General		
Energy	1749.0 kcal	81%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	21.9 g	110%
Net Carbs	9.6 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	72%

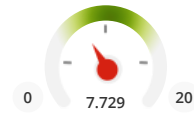
Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	741.1 mg	176%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2614.0 mg	87%
Zinc	15.7 mg	143%

Nutrient Balances



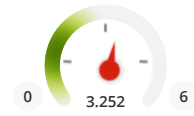
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

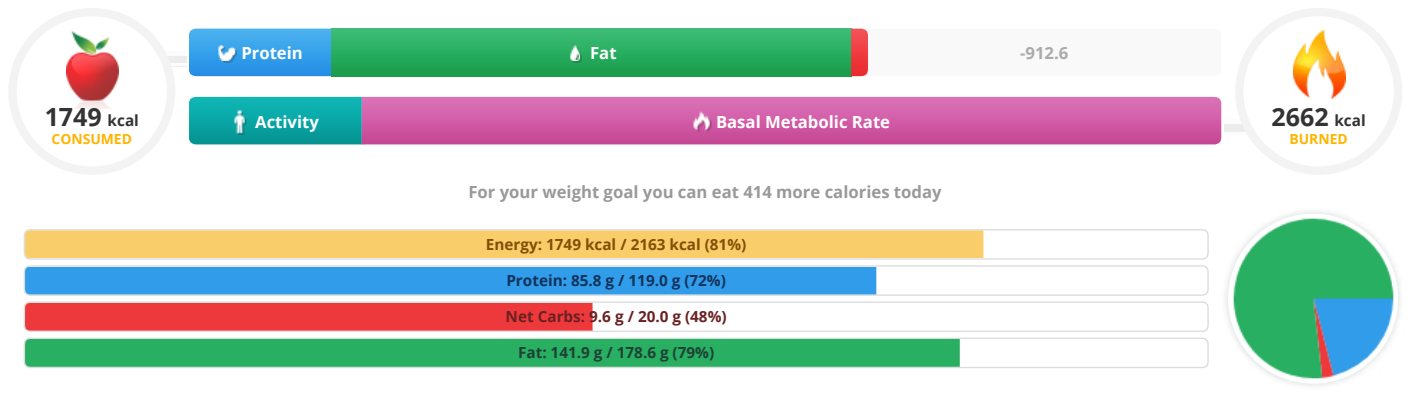


CALCIUM : MAGNESIUM

Diary for 2017 November 14, Tuesday

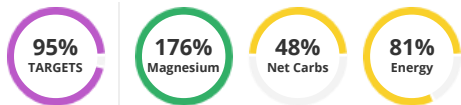
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)		213.8 lbs	
Body Fat (Withings)		26.23 %	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1rc2 100ml Heavy Cream	3	full recipe	9.63
Ketones (Blood)	3.3	mmol/L	

Calories Summary



Nutrients for 2017 November 14, Tuesday

Nutrient Targets



General		
Energy	1749.0 kcal	81%

Carbohydrates		
Carbs	31.5 g	79%
Fiber	21.9 g	110%
Net Carbs	9.6 g	48%
Starch	0.0 g	No Target
Sugars	10.1 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	141.9 g	79%
Monounsaturated	27.3 g	No Target
Polyunsaturated	4.7 g	No Target
Omega-3	2.4 g	151%

Protein		
Protein	85.8 g	72%

Vitamins		
B1 (Thiamine)	1.6 mg	130%
B2 (Riboflavin)	2.3 mg	175%
B3 (Niacin)	20.2 mg	126%
B5 (Pantothenic Acid)	11.5 mg	230%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.5 µg	270%
Folate	412.0 µg	103%
Vitamin A	4603.0 IU	153%
Vitamin C	361.8 mg	402%
Vitamin D	989.0 IU	165%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	108%

Minerals		
Calcium	2410.0 mg	241%
Copper	2.0 mg	226%
Iron	5.2 mg	131%
Magnesium	741.1 mg	176%
Manganese	2.4 mg	105%
Phosphorus	1164.0 mg	166%
Potassium	5039.0 mg	107%
Selenium	219.0 µg	398%
Sodium	2614.0 mg	87%
Zinc	15.7 mg	143%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

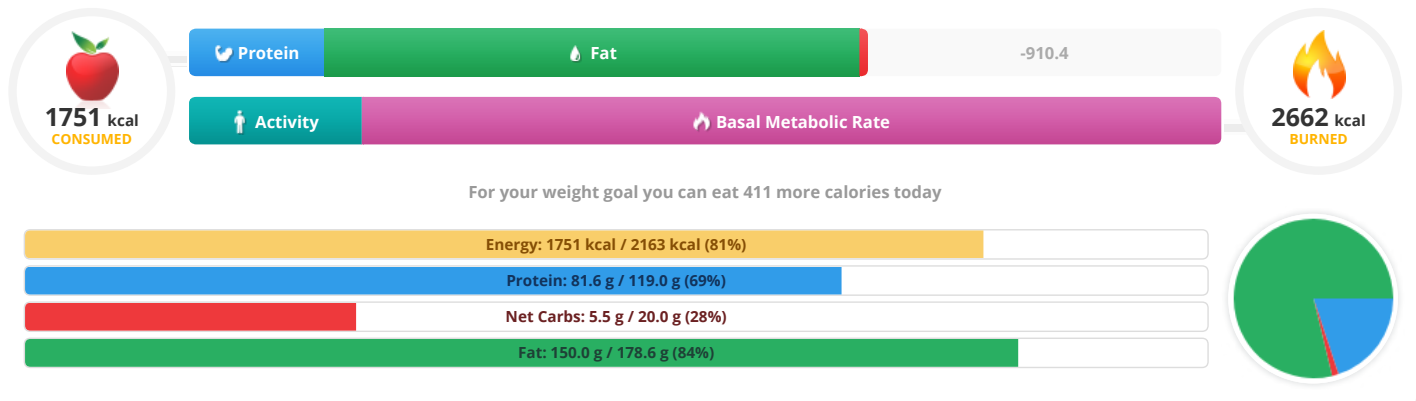


CALCIUM : MAGNESIUM

Diary for 2017 November 15, Wednesday

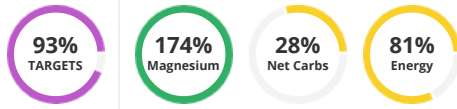
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	213.58	lbs	
Body Fat (Withings)	27.1	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Keto Chow 2.1rc2	3	Serving	1.41
Avocado Oil	5	tbsp	0
Ketones (Blood)	2.3	mmol/L	

Calories Summary



Nutrients for 2017 November 15, Wednesday

Nutrient Targets



General		
Energy	1751.2 kcal	81%

Carbohydrates		
Carbs	27.4 g	69%
Fiber	21.9 g	109%
Net Carbs	5.5 g	28%
Starch	0.0 g	No Target
Sugars	5.7 g	No Target
Sugar Alcohol	0.0 g	No Target

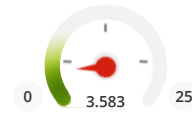
Lipids		
Fat	150.0 g	84%
Monounsaturated	61.7 g	No Target
Polyunsaturated	11.5 g	No Target
Omega-3	2.8 g	173%

Protein		
Protein	81.6 g	69%

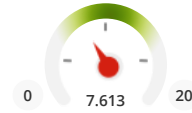
Vitamins		
B1 (Thiamine)	1.5 mg	127%
B2 (Riboflavin)	2.0 mg	153%
B3 (Niacin)	20.1 mg	126%
B5 (Pantothenic Acid)	10.7 mg	215%
B6 (Pyridoxine)	2.1 mg	159%
B12 (Cobalamin)	6.2 µg	260%
Folate	406.0 µg	101%
Vitamin A	2603.0 IU	87%
Vitamin C	360.9 mg	401%
Vitamin D	894.5 IU	149%
Vitamin E	33.9 mg	226%
Vitamin K	187.1 µg	156%

Minerals		
Calcium	2210.0 mg	221%
Copper	2.0 mg	224%
Iron	5.1 mg	127%
Magnesium	730.6 mg	174%
Manganese	2.4 mg	105%
Phosphorus	1077.0 mg	154%
Potassium	4889.0 mg	104%
Selenium	214.5 µg	390%
Sodium	2564.0 mg	85%
Zinc	15.4 mg	140%

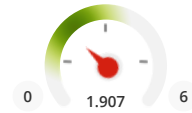
Nutrient Balances



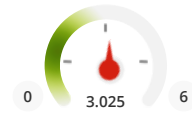
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

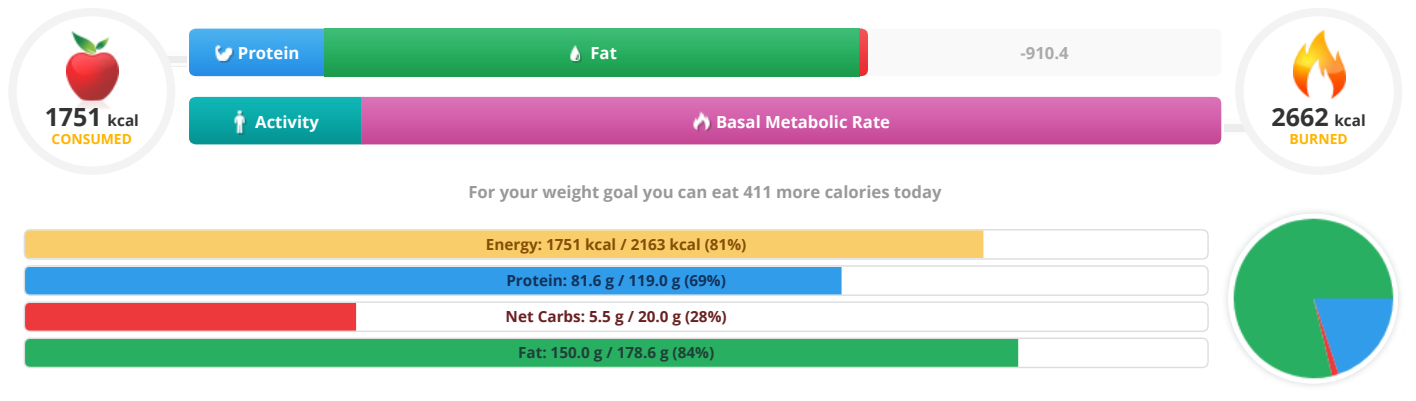


CALCIUM : MAGNESIUM

Diary for 2017 November 16, Thursday

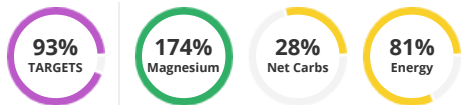
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	212.78	lbs	
Body Fat (Withings)	27.31	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Keto Chow 2.1rc2	3	Serving	1.41
Avocado Oil	5	tbsp	0
Ketones (Blood)	4.1	mmol/L	

Calories Summary



Nutrients for 2017 November 16, Thursday

Nutrient Targets



General		
Energy	1751.2 kcal	81%

Carbohydrates		
Carbs	27.4 g	69%
Fiber	21.9 g	109%
Net Carbs	5.5 g	28%
Starch	0.0 g	No Target
Sugars	5.7 g	No Target
Sugar Alcohol	0.0 g	No Target

Lipids		
Fat	150.0 g	84%
Monounsaturated	61.7 g	No Target
Polyunsaturated	11.5 g	No Target
Omega-3	2.8 g	173%

Protein		
Protein	81.6 g	69%

Vitamins		
B1 (Thiamine)	1.5 mg	127%
B2 (Riboflavin)	2.0 mg	153%
B3 (Niacin)	20.1 mg	126%
B5 (Pantothenic Acid)	10.7 mg	215%
B6 (Pyridoxine)	2.1 mg	159%
B12 (Cobalamin)	6.2 µg	260%
Folate	406.0 µg	101%
Vitamin A	2603.0 IU	87%
Vitamin C	360.9 mg	401%
Vitamin D	894.5 IU	149%
Vitamin E	33.9 mg	226%
Vitamin K	187.1 µg	156%

Minerals		
Calcium	2210.0 mg	221%
Copper	2.0 mg	224%
Iron	5.1 mg	127%
Magnesium	730.6 mg	174%
Manganese	2.4 mg	105%
Phosphorus	1077.0 mg	154%
Potassium	4889.0 mg	104%
Selenium	214.5 µg	390%
Sodium	2564.0 mg	85%
Zinc	15.4 mg	140%

Nutrient Balances



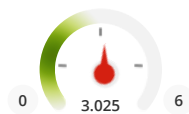
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

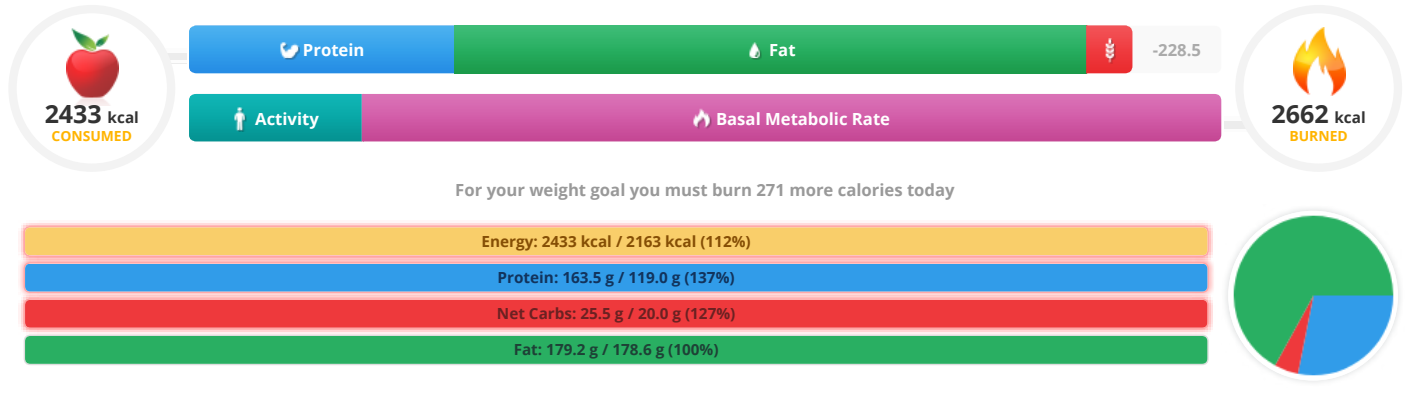


CALCIUM : MAGNESIUM

Diary for 2017 November 17, Friday

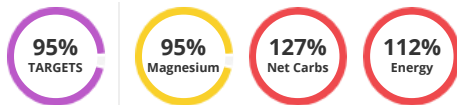
Description	Amount	Unit	Net Carbs (g)
Weight (Withings)	212.9	lbs	
Body Fat (Withings)	25.76	%	
Keto Chow Fish Oil	1	× 2 Pills	0
Keto Chow 2.1rc2 100ml Heavy Cream	1	full recipe	3.21
Ketones (Blood)	0.7	mmol/L	
Caveman Keto Chili	1	Serving	4.76
Broccoli, Cooked From Fresh	1	cup, whole pieces	3.76
Mtn Dew, Diet Soda	2	can	0
PeaceLoveLowCarb Lasagna	2	Serving	13.74
Blood Glucose	73	mg/dL	
Total Cholesterol	125	mg/dL	
LDL Cholesterol	87	mg/dL	
HDL Cholesterol	44	mg/dL	
Triglycerides	125	mg/dL	
25-Hydroxy Vitamin D	49.4	ng/mL	
Ferritin	333	ng/mL	
Insulin	5.6	uIU/mL	
C-Reactive Protein	1.99	mg/L	

Calories Summary



Nutrients for 2017 November 17, Friday

Nutrient Targets



General		
Energy	2433.1 kcal	112%

Carbohydrates		
Carbs	38.5 g	96%
Fiber	13.0 g	65%
Net Carbs	25.5 g	127%
Starch	1.4 g	No Target
Sugars	16.0 g	No Target
Sugar Alcohol	0.3 g	No Target

Lipids		
Fat	179.2 g	100%
Monounsaturated	55.1 g	No Target
Polyunsaturated	11.8 g	No Target
Omega-3	2.8 g	172%

Protein		
Protein	163.5 g	137%

Vitamins		
B1 (Thiamine)	1.4 mg	118%
B2 (Riboflavin)	2.4 mg	184%
B3 (Niacin)	28.1 mg	176%
B5 (Pantothenic Acid)	8.4 mg	169%
B6 (Pyridoxine)	2.4 mg	184%
B12 (Cobalamin)	11.8 µg	491%
Folate	325.8 µg	81%
Vitamin A	6201.8 IU	207%
Vitamin C	199.3 mg	221%
Vitamin D	440.7 IU	73%
Vitamin E	14.4 mg	96%
Vitamin K	198.0 µg	165%

Minerals		
Calcium	2042.1 mg	204%
Copper	1.2 mg	130%
Iron	12.3 mg	307%
Magnesium	400.9 mg	95%
Manganese	1.3 mg	55%
Phosphorus	2087.1 mg	298%
Potassium	3672.2 mg	78%
Selenium	218.2 µg	397%
Sodium	4241.0 mg	141%
Zinc	28.6 mg	260%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM