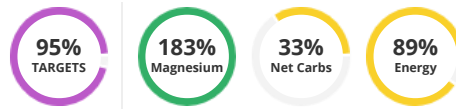
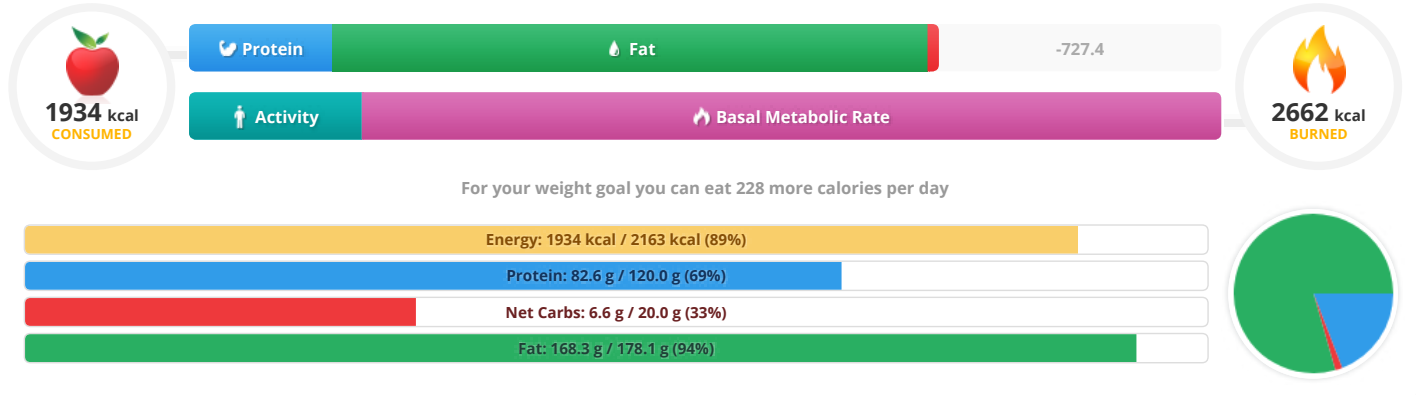


## Daily Average Nutrition Report 2017 December 4 to 2017 December 14

Based on 11 complete days

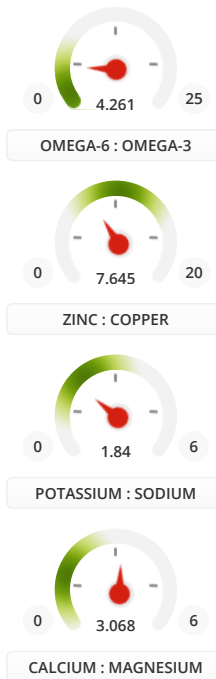
Calories Summary



| Carbohydrates   |         |           |
|-----------------|---------|-----------|
| Carbs           | 28.1 g  | 70%       |
| Fiber           | 21.5 g  | 108%      |
| Net Carbs       | 6.6 g   | 33%       |
| Starch          | 0.0 g   | No Target |
| Sugars          | 5.6 g   | No Target |
| Sugar Alcohol   | 0.0 g   | No Target |
| Lipids          |         |           |
| Fat             | 168.3 g | 95%       |
| Monounsaturated | 79.4 g  | No Target |
| Polyunsaturated | 14.9 g  | No Target |
| Omega-3         | 3.0 g   | 187%      |
| Protein         |         |           |
| Protein         | 82.6 g  | 69%       |

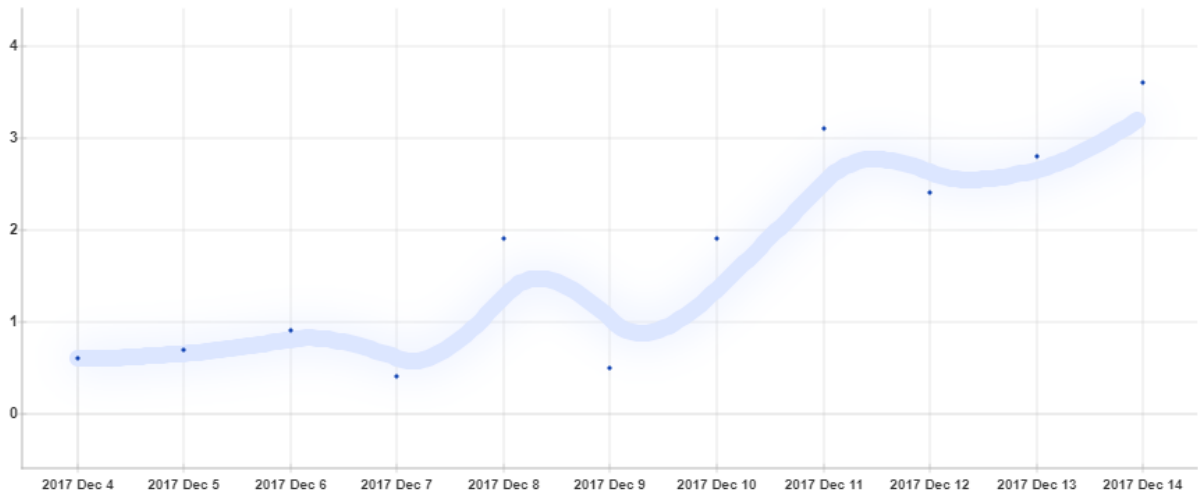
| Vitamins              |             |      |
|-----------------------|-------------|------|
| B1 (Thiamine)         | 1.5 mg      | 128% |
| B2 (Riboflavin)       | 2.1 mg      | 159% |
| B3 (Niacin)           | 20.1 mg     | 126% |
| B5 (Pantothenic Acid) | 10.9 mg     | 219% |
| B6 (Pyridoxine)       | 2.1 mg      | 160% |
| B12 (Cobalamin)       | 6.3 µg      | 263% |
| Folate                | 407.6 µg    | 102% |
| Vitamin A             | 3148.5 IU   | 105% |
| Vitamin C             | 361.1 mg    | 401% |
| Vitamin D             | 2520.3 IU   | 420% |
| Vitamin E             | 36.8 mg     | 245% |
| Vitamin K             | 206.5 µg    | 172% |
| Minerals              |             |      |
| Calcium               | 2354.6 mg   | 235% |
| Copper                | 2.0 mg      | 225% |
| Iron                  | 5.1 mg      | 128% |
| Magnesium             | 767.5 mg    | 183% |
| Manganese             | 2.4 mg      | 105% |
| Phosphorus            | 1100.7 mg   | 157% |
| Potassium             | 4942.9 mg   | 105% |
| Selenium              | 215.7 µg    | 392% |
| Sodium                | 2685.7 mg   | 90%  |
| Zinc                  | 15.5 mg     | 141% |
| General               |             |      |
| Energy                | 1934.2 kcal | 89%  |

Nutrient Balances

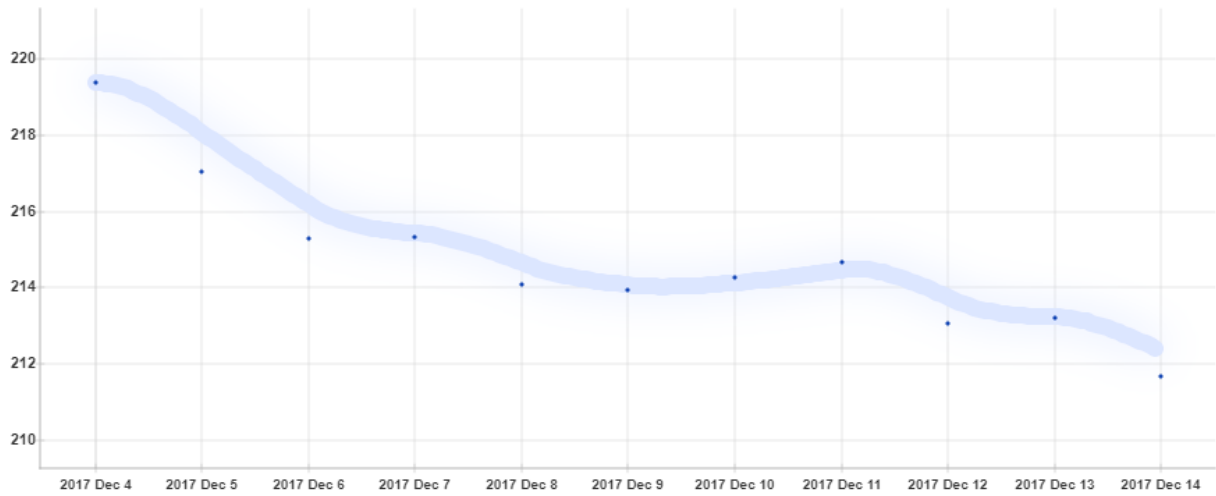


### Biometric Charts

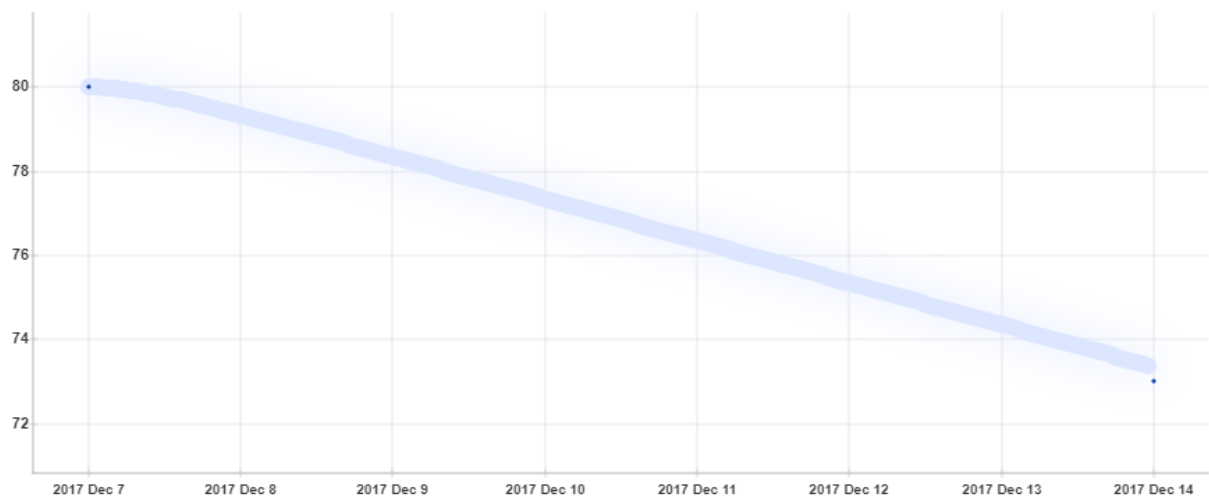
Ketones (Blood) (mmol/L) from 2017 December 4 to 2017 December 14



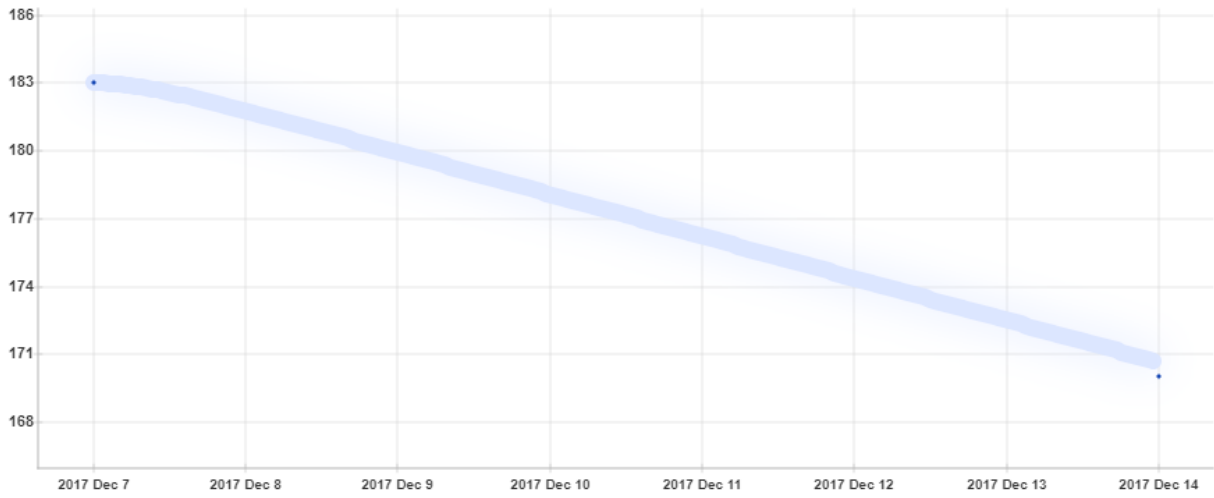
Weight (lbs) from 2017 December 4 to 2017 December 14



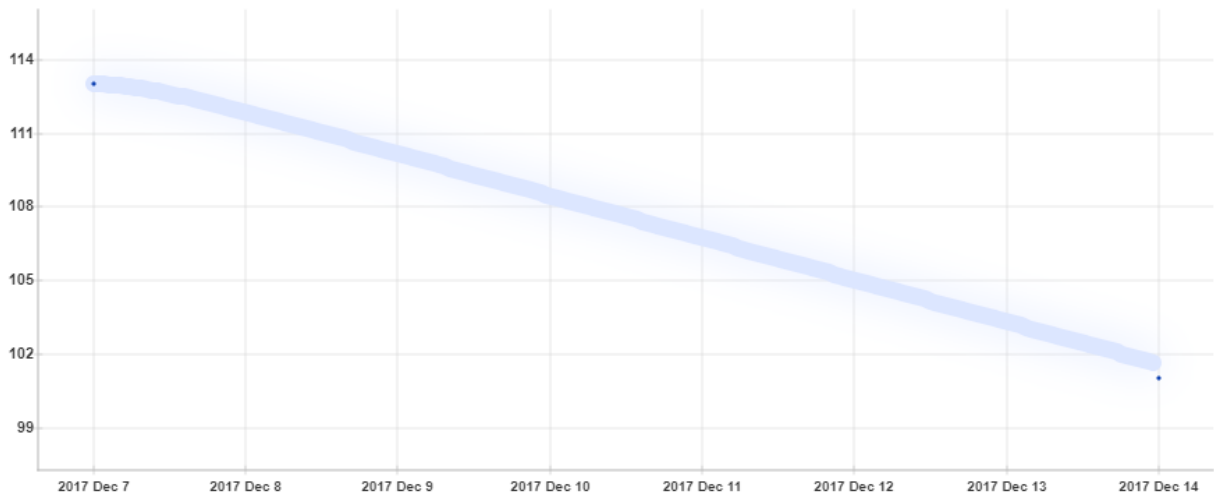
Blood Glucose (mg/dL) from 2017 December 4 to 2017 December 14



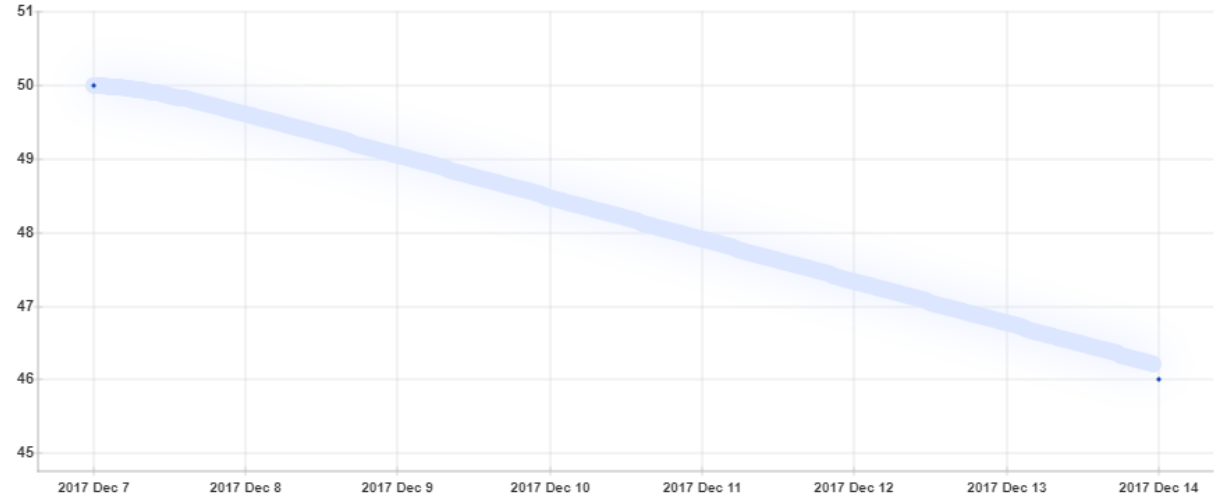
Total Cholesterol (mg/dL) from 2017 December 4 to 2017 December 14



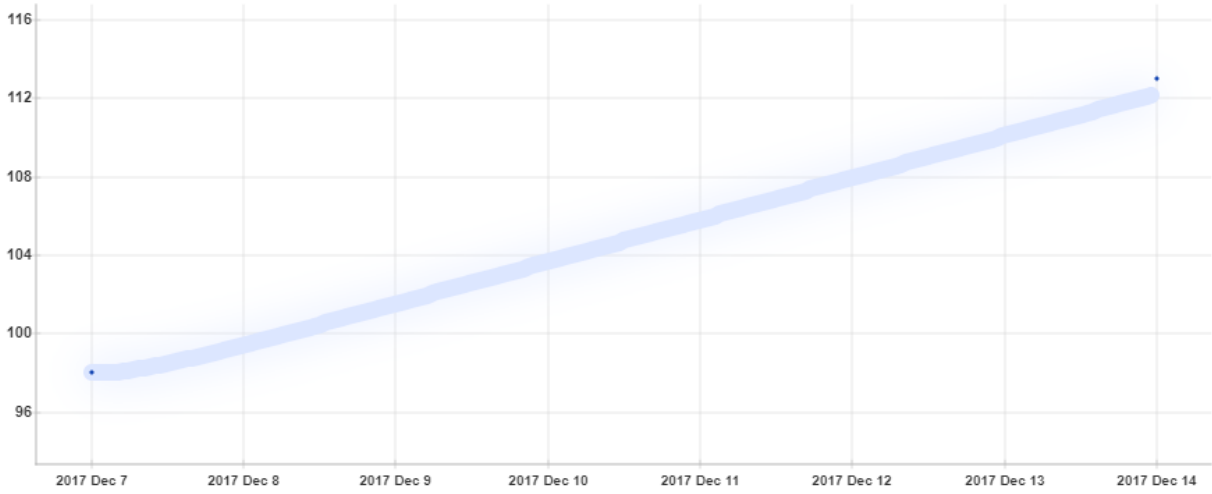
LDL Cholesterol (mg/dL) from 2017 December 4 to 2017 December 14



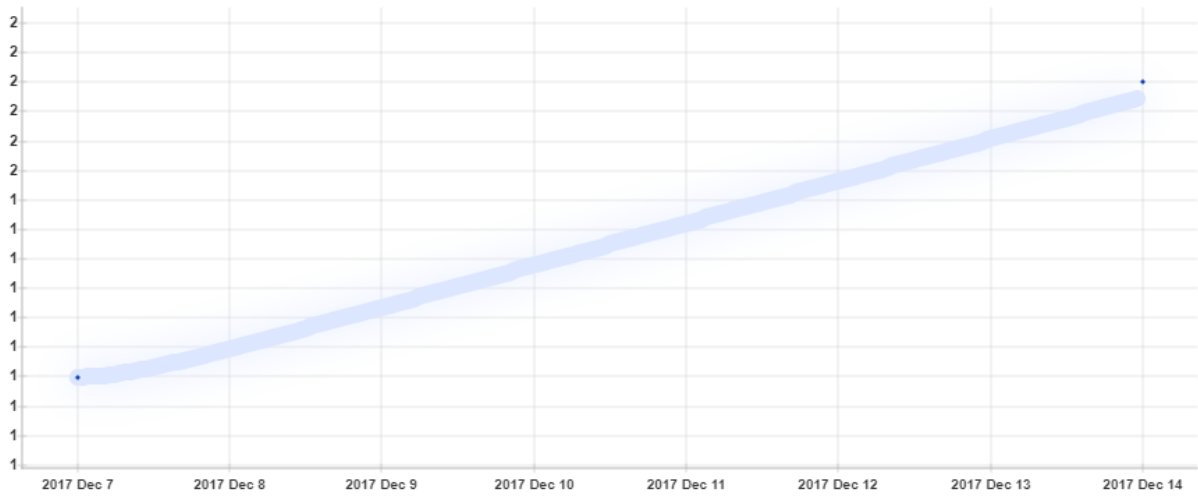
HDL Cholesterol (mg/dL) from 2017 December 4 to 2017 December 14



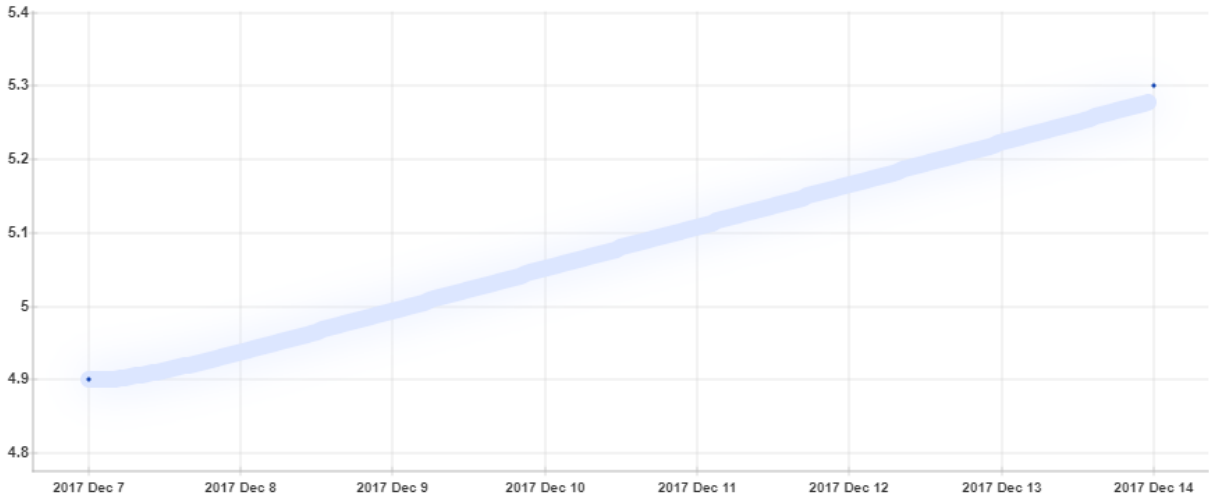
Triglycerides (mg/dL) from 2017 December 4 to 2017 December 14



C-Reactive Protein (mg/L) from 2017 December 4 to 2017 December 14

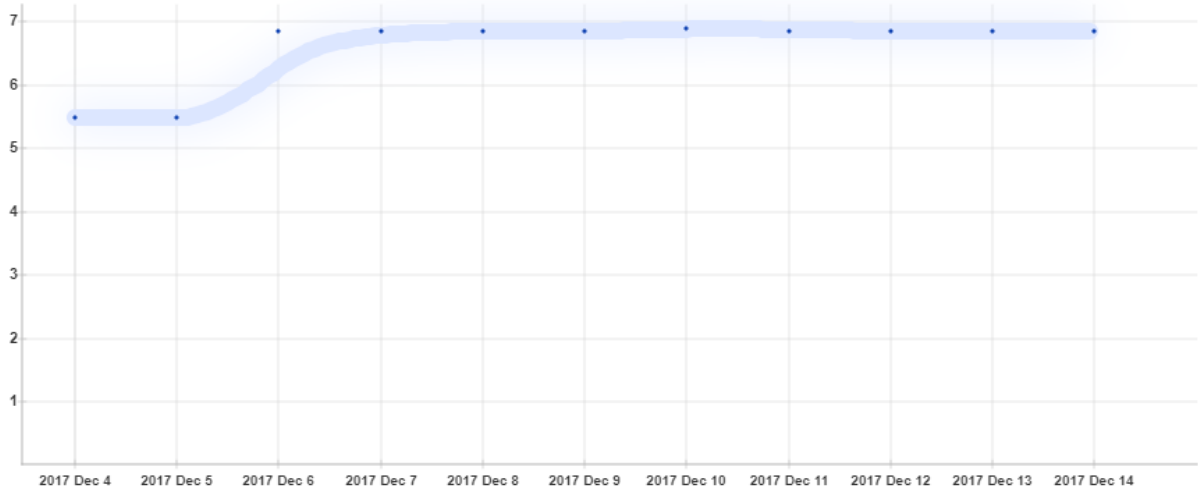


Insulin (uIU/mL) from 2017 December 4 to 2017 December 14

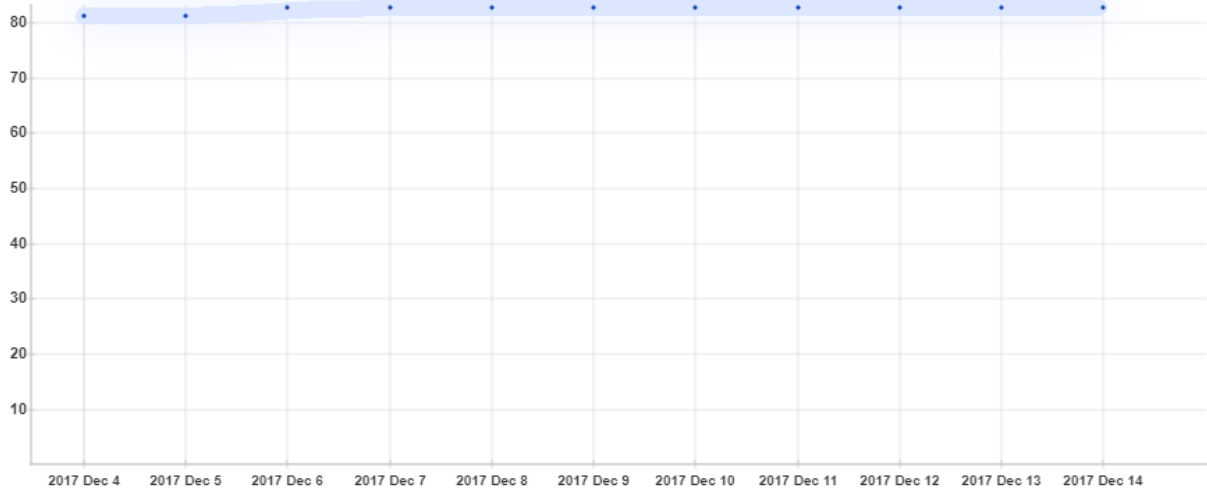


### Nutrient Charts

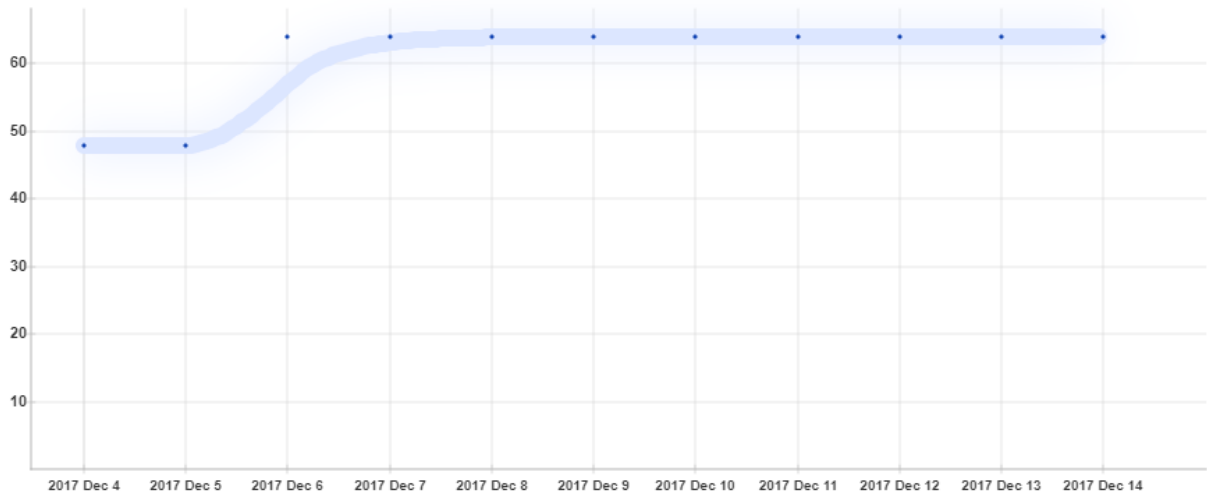
Net Carbs (g) from 2017 December 4 to 2017 December 14



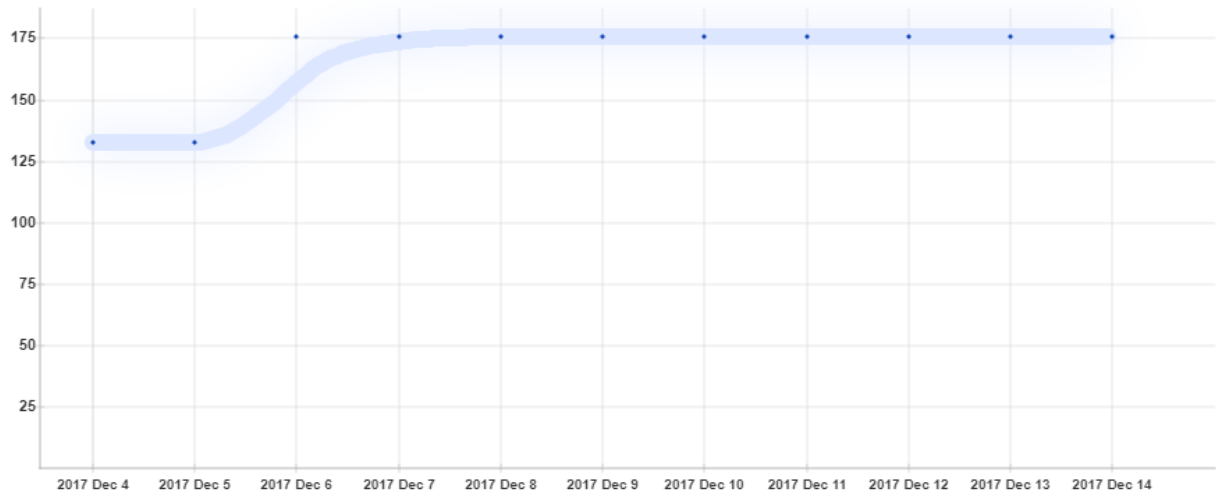
Protein (g) from 2017 December 4 to 2017 December 14



Saturated (g) from 2017 December 4 to 2017 December 14



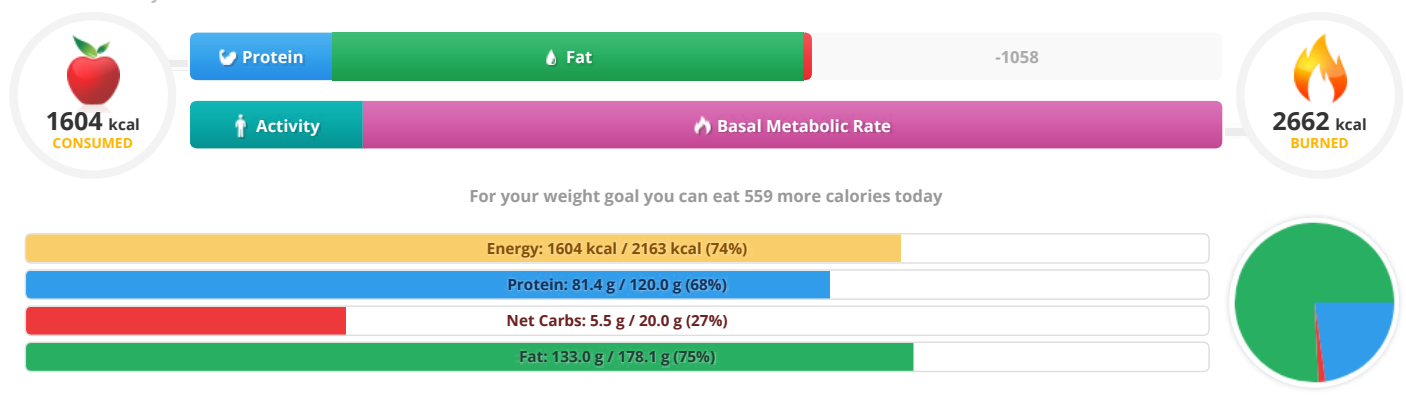
Fat (g) from 2017 December 4 to 2017 December 14



### Diary for 2017 December 4, Monday

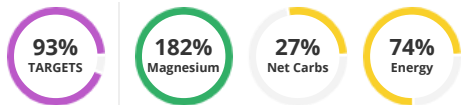
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Weight (Nokia)                            |        | 219.38 lbs |               |
| Body Fat (Nokia)                          |        | 29.37 %    |               |
| Sleep (Fitbit)                            |        | 4.27 hours |               |
| Pulse (Fitbit)                            |        | 74 bpm     |               |
| Ketones (Blood)                           |        | 0.6 mmol/L |               |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Cream, fluid, heavy whipping Darigold 40% | 150    | ml         | 4.11          |
| Avocado Oil (with ml)                     | 0.75   | × 100 ml   | 0             |

#### Calories Summary



### Nutrients for 2017 December 4, Monday

Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 1603.9 kcal | 74% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 27.0 g | 68%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 5.5 g  | 27%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 4.4 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 133.0 g | 75%       |
| Monounsaturated | 62.4 g  | No Target |
| Polyunsaturated | 11.7 g  | No Target |
| Omega-3         | 2.8 g   | 174%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 81.4 g | 68% |

| Vitamins              |           |      |
|-----------------------|-----------|------|
| B1 (Thiamine)         | 1.5 mg    | 128% |
| 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             | 2494.5 IU | 416% |
| Vitamin E             | 34.1 mg   | 227% |
| Vitamin K             | 188.0 µg  | 157% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2300.0 mg | 230% |
| Copper     | 2.0 mg    | 224% |
| Iron       | 5.1 mg    | 127% |
| Magnesium  | 764.6 mg  | 182% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1077.0 mg | 154% |
| Potassium  | 4902.0 mg | 104% |
| Selenium   | 214.5 µg  | 390% |
| Sodium     | 2672.0 mg | 89%  |
| Zinc       | 15.4 mg   | 140% |

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



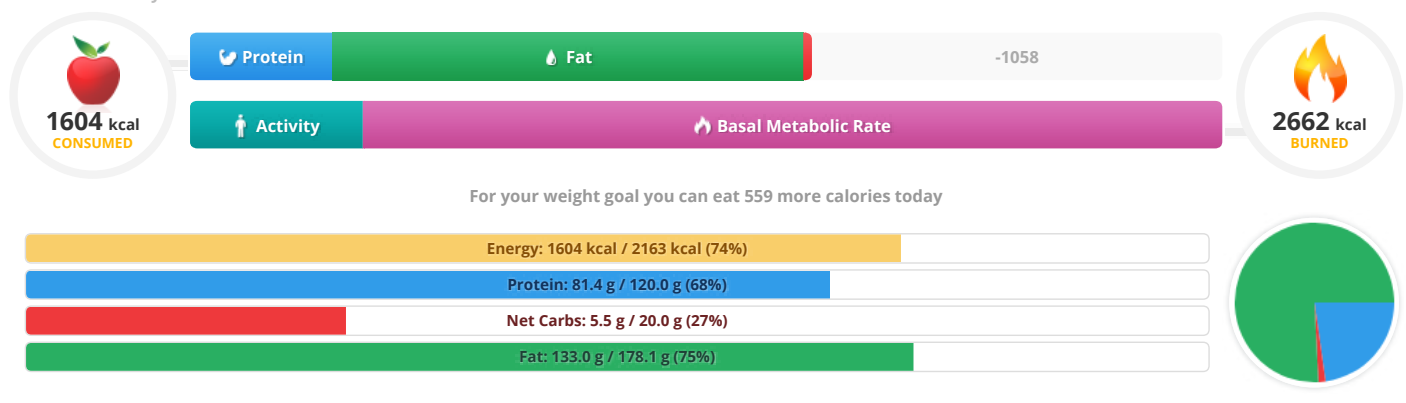
CALCIUM : MAGNESIUM



### Diary for 2017 December 5, Tuesday

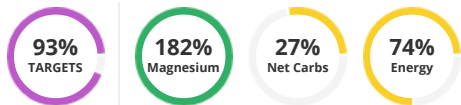
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Body Fat (Nokia)                          |        | 27.53 %    |               |
| Sleep (Fitbit)                            |        | 5.75 hours |               |
| Pulse (Fitbit)                            |        | 73 bpm     |               |
| Pulse (Nokia)                             |        | 62 bpm     |               |
| Weight (Nokia)                            |        | 217.07 lbs |               |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Cream, fluid, heavy whipping Darigold 40% | 150    | ml         | 4.11          |
| Avocado Oil (with ml)                     | 0.75   | × 100 ml   | 0             |
| Ketones (Blood)                           |        | 0.7 mmol/L |               |

#### Calories Summary



### Nutrients for 2017 December 5, Tuesday

Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 1603.9 kcal | 74% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 27.0 g | 68%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 5.5 g  | 27%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 4.4 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 133.0 g | 75%       |
| Monounsaturated | 62.4 g  | No Target |
| Polyunsaturated | 11.7 g  | No Target |
| Omega-3         | 2.8 g   | 174%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 81.4 g | 68% |

| Vitamins              |           |      |
|-----------------------|-----------|------|
| B1 (Thiamine)         | 1.5 mg    | 128% |
| 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             | 2494.5 IU | 416% |
| Vitamin E             | 34.1 mg   | 227% |
| Vitamin K             | 188.0 µg  | 157% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2300.0 mg | 230% |
| Copper     | 2.0 mg    | 224% |
| Iron       | 5.1 mg    | 127% |
| Magnesium  | 764.6 mg  | 182% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1077.0 mg | 154% |
| Potassium  | 4902.0 mg | 104% |
| Selenium   | 214.5 µg  | 390% |
| Sodium     | 2672.0 mg | 89%  |
| Zinc       | 15.4 mg   | 140% |

Nutrient Balances



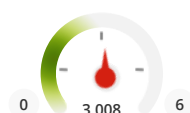
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

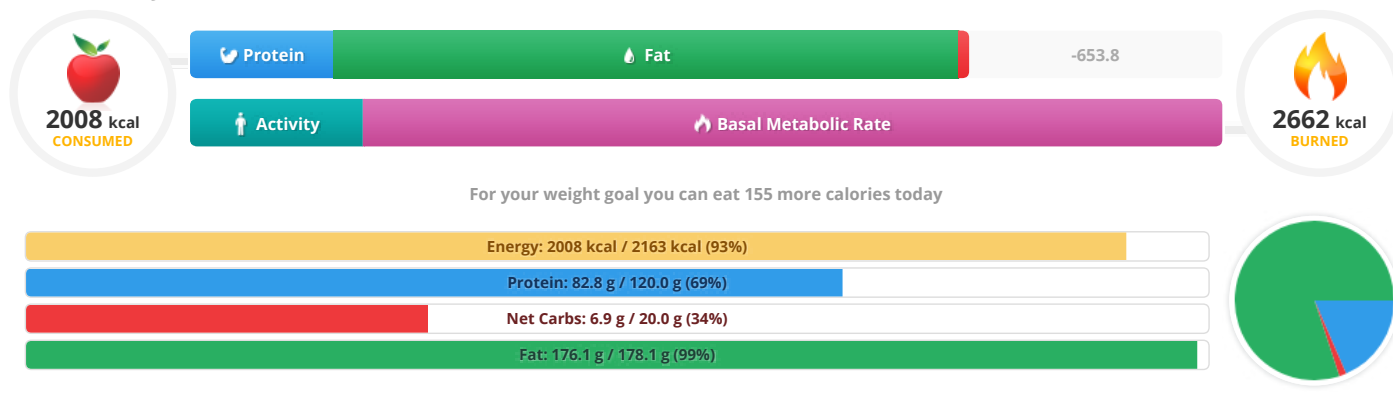


CALCIUM : MAGNESIUM

### Diary for 2017 December 6, Wednesday

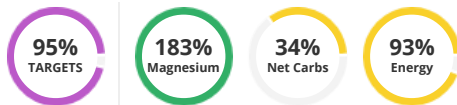
| Description                               | Amount | Unit      | Net Carbs (g) |
|---|--------|-----------|---------------|
| Weight (Nokia)                            | 215.31 | lbs       |               |
| Body Fat (Nokia)                          | 28.81  | %         |               |
| Sleep (Fitbit)                            | 6.03   | hours     |               |
| Pulse (Fitbit)                            | 71     | bpm       |               |
| Keto Chow 2.1 Orange Cream                | 3      | Serving   | 1.38          |
| Keto Chow Fish Oil                        | 1      | × 2 Pills | 0             |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml        | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml  | 0             |
| Ketones (Blood)                           | 0.9    | mmol/L    |               |

#### Calories Summary



### Nutrients for 2017 December 6, Wednesday

**Nutrient Targets**



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

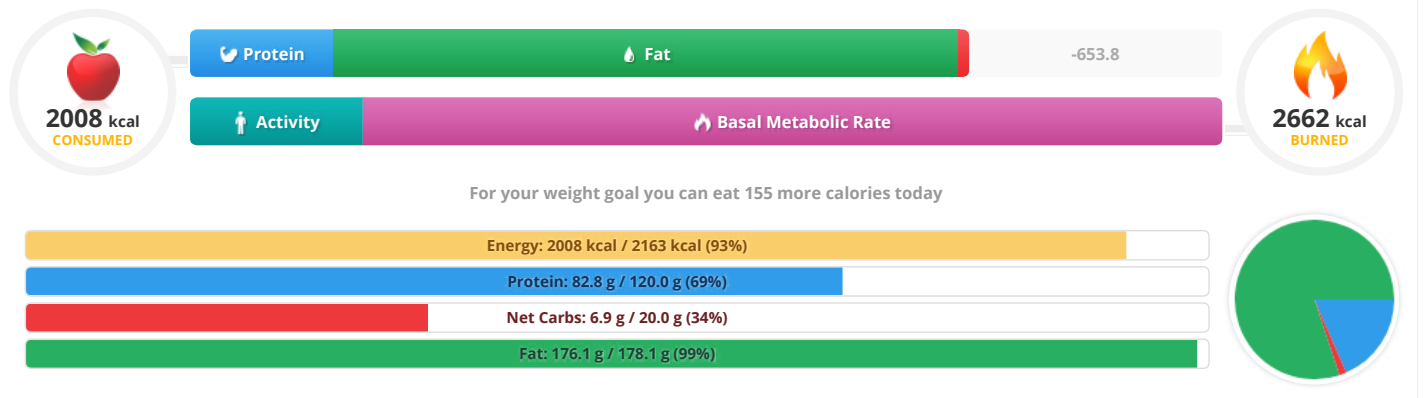


CALCIUM : MAGNESIUM

### Diary for 2017 December 7, Thursday

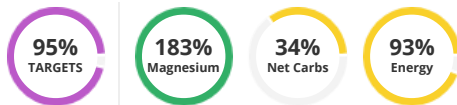
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Weight (Nokia)                            |        | 215.39 lbs |               |
| Body Fat (Nokia)                          |        | 28.27 %    |               |
| Sleep (Fitbit)                            |        | 5.47 hours |               |
| Weight (Fitbit)                           |        | 215.3 lbs  |               |
| Pulse (Fitbit)                            |        | 68 bpm     |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           |        | 0.4 mmol/L |               |
| Blood Glucose                             |        | 80 mg/dL   |               |
| Total Cholesterol                         |        | 183 mg/dL  |               |
| LDL Cholesterol                           |        | 113 mg/dL  |               |
| HDL Cholesterol                           |        | 50 mg/dL   |               |
| Triglycerides                             |        | 98 mg/dL   |               |
| Insulin                                   |        | 4.9 uIU/mL |               |
| C-Reactive Protein                        |        | 1.43 mg/L  |               |

#### Calories Summary



### Nutrients for 2017 December 7, Thursday

#### Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

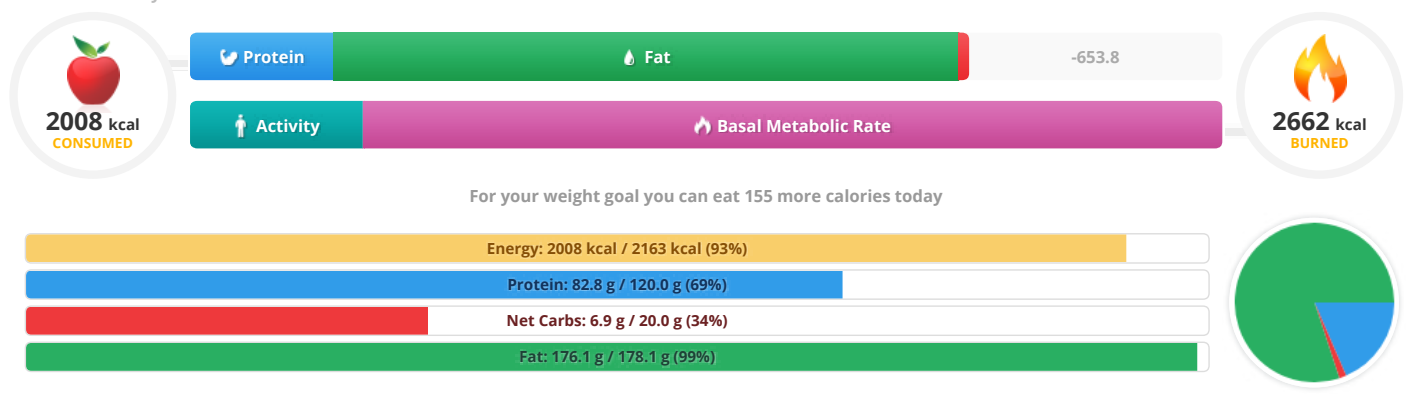


CALCIUM : MAGNESIUM

### Diary for 2017 December 8, Friday

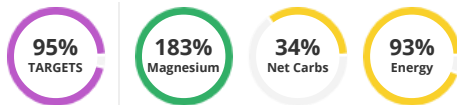
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Pulse (Fitbit)                            |        | 67 bpm     |               |
| Sleep (Fitbit)                            |        | 6.93 hours |               |
| Weight (Fitbit)                           |        | 214.1 lbs  |               |
| Weight (Nokia)                            |        | 214.12 lbs |               |
| Body Fat (Nokia)                          |        | 26.82 %    |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           | 1.9    | mmol/L     |               |

#### Calories Summary



### Nutrients for 2017 December 8, Friday

Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



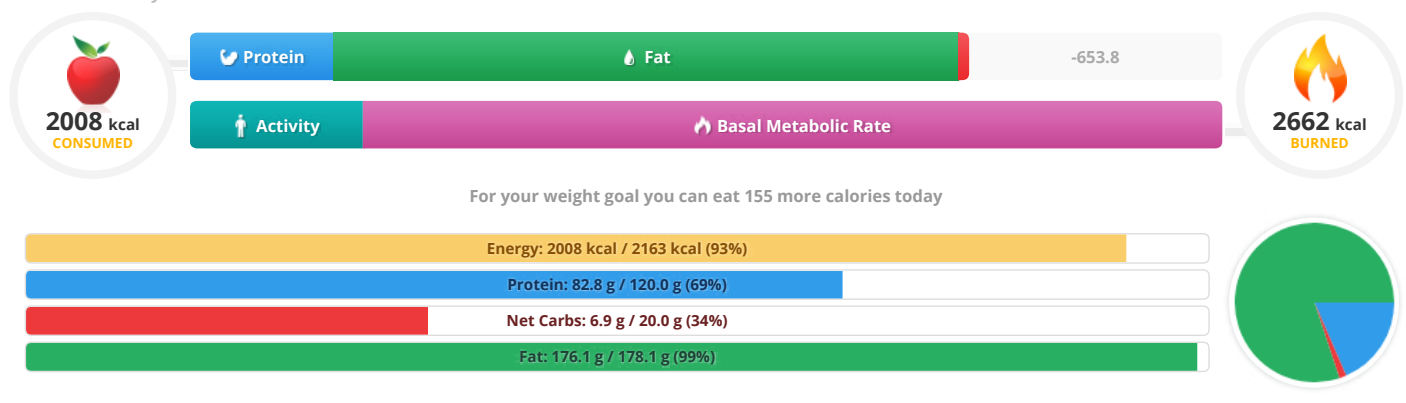
CALCIUM : MAGNESIUM



### Diary for 2017 December 9, Saturday

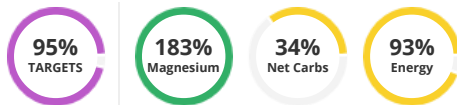
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Pulse (Fitbit)                            |        | 66 bpm     |               |
| Sleep (Fitbit)                            |        | 6.7 hours  |               |
| Pulse (Fitbit)                            |        | 64 bpm     |               |
| Weight (Nokia)                            |        | 213.94 lbs |               |
| Body Fat (Nokia)                          |        | 28.37 %    |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           |        | 0.5 mmol/L |               |

#### Calories Summary



### Nutrients for 2017 December 9, Saturday

#### Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

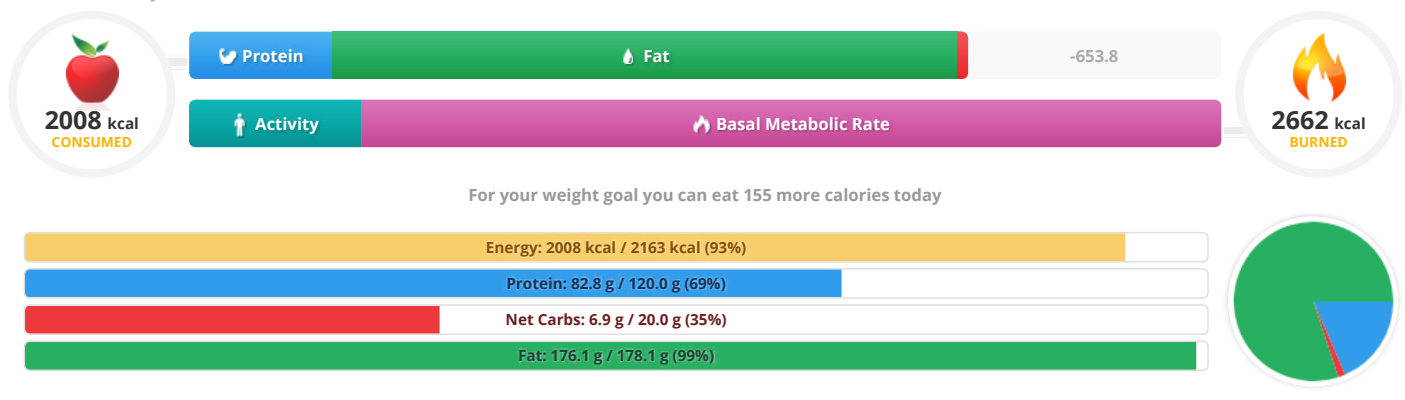


CALCIUM : MAGNESIUM

### Diary for 2017 December 10, Sunday

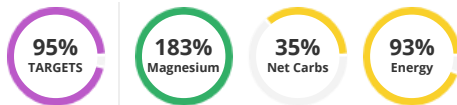
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Pulse (Fitbit)                            |        | 65 bpm     |               |
| Sleep (Fitbit)                            |        | 6.45 hours |               |
| Body Fat (Nokia)                          |        | 28.4 %     |               |
| Weight (Nokia)                            |        | 214.26 lbs |               |
| Pulse (Fitbit)                            |        | 66 bpm     |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| White bread, store bought                 | 0.1    | g          | 0.05          |
| Ketones (Blood)                           |        | 1.9 mmol/L |               |

#### Calories Summary



### Nutrients for 2017 December 10, Sunday

#### Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.8 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 35%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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                | 408.1 µg  | 102% |
| Vitamin A             | 3269.7 IU | 109% |
| Vitamin C             | 361.2 mg  | 401% |
| Vitamin D             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.8 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.1 mg | 158% |
| Potassium  | 4952.1 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2689.2 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

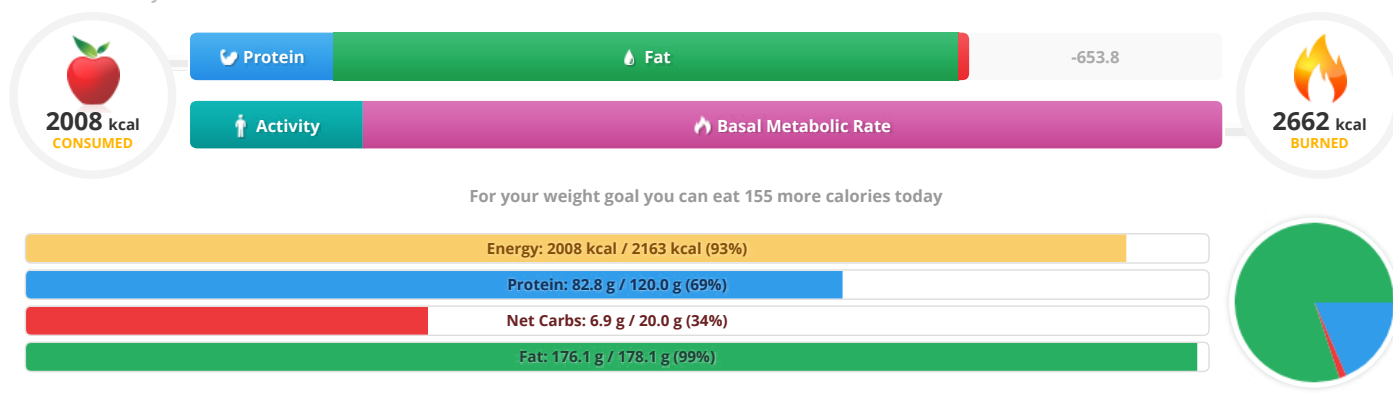


CALCIUM : MAGNESIUM

### Diary for 2017 December 11, Monday

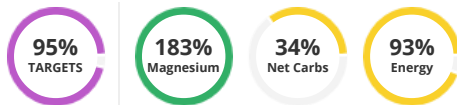
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Pulse (Fitbit)                            |        | 68 bpm     |               |
| Weight (Nokia)                            |        | 214.67 lbs |               |
| Body Fat (Nokia)                          |        | 27.65 %    |               |
| Sleep (Fitbit)                            |        | 3.97 hours |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           | 3.1    | mmol/L     |               |

#### Calories Summary



### Nutrients for 2017 December 11, Monday

**Nutrient Targets**



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

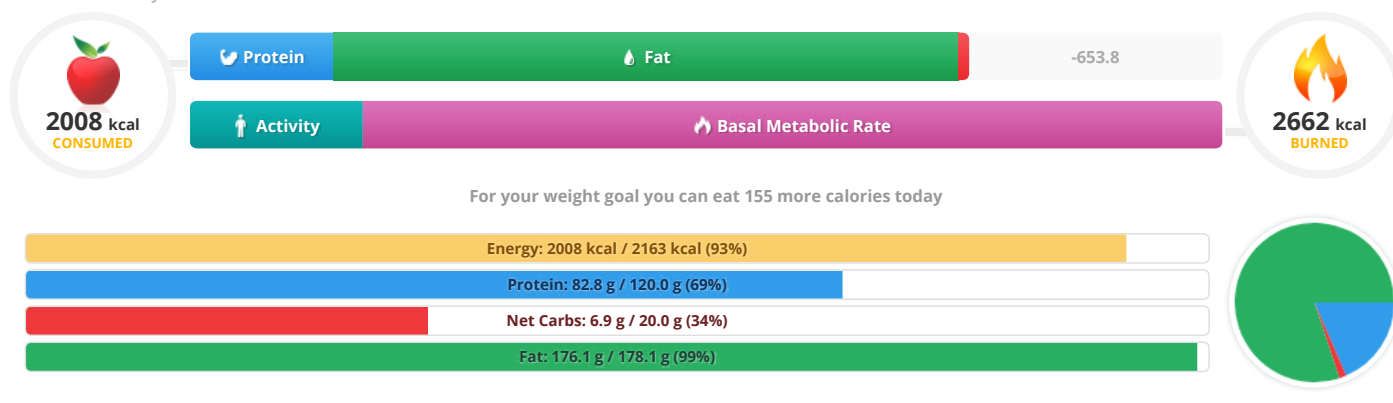


CALCIUM : MAGNESIUM

### Diary for 2017 December 12, Tuesday

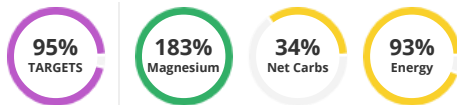
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Weight (Nokia)                            |        | 213.08 lbs |               |
| Body Fat (Nokia)                          |        | 26.91 %    |               |
| Sleep (Fitbit)                            |        | 6.08 hours |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           | 2.4    | mmol/L     |               |

#### Calories Summary



### Nutrients for 2017 December 12, Tuesday

#### Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



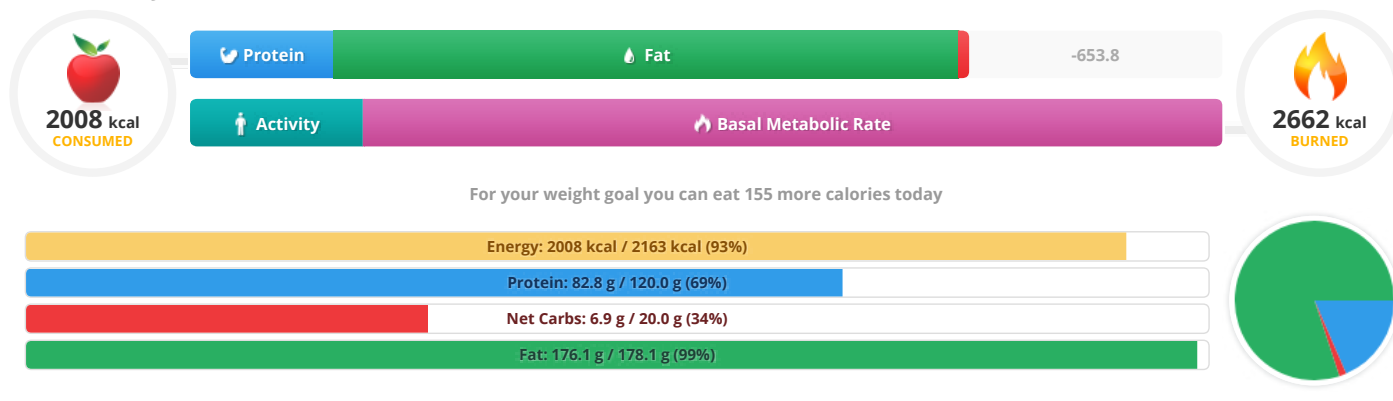
CALCIUM : MAGNESIUM



### Diary for 2017 December 13, Wednesday

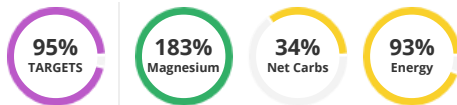
| Description                               | Amount | Unit       | Net Carbs (g) |
|---|--------|------------|---------------|
| Sleep (Fitbit)                            |        | 5.58 hours |               |
| Weight (Nokia)                            |        | 213.21 lbs |               |
| Body Fat (Nokia)                          |        | 25.42 %    |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills  | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving    | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml         | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml   | 0             |
| Ketones (Blood)                           |        | 2.8 mmol/L |               |

#### Calories Summary



### Nutrients for 2017 December 13, Wednesday

**Nutrient Targets**



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

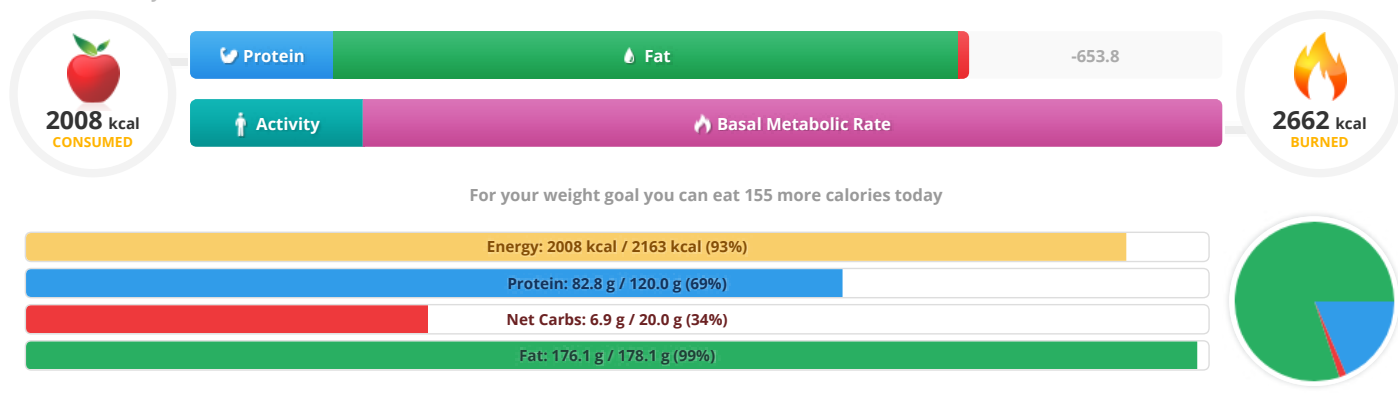


CALCIUM : MAGNESIUM

### Diary for 2017 December 14, Thursday

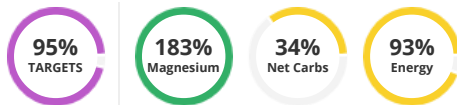
| Description                               | Amount | Unit      | Net Carbs (g) |
|---|--------|-----------|---------------|
| Sleep (Fitbit)                            | 5.12   | hours     |               |
| Weight (Nokia)                            | 211.66 | lbs       |               |
| Body Fat (Nokia)                          | 26.29  | %         |               |
| Keto Chow Fish Oil                        | 1      | × 2 Pills | 0             |
| Keto Chow 2.1 Orange Cream                | 3      | Serving   | 1.38          |
| Cream, fluid, heavy whipping Darigold 40% | 200    | ml        | 5.48          |
| Avocado Oil (with ml)                     | 1      | × 100 ml  | 0             |
| Ketones (Blood)                           | 3.6    | mmol/L    |               |
| Blood Glucose                             | 73     | mg/dL     |               |
| Total Cholesterol                         | 170    | mg/dL     |               |
| LDL Cholesterol                           | 101    | mg/dL     |               |
| HDL Cholesterol                           | 46     | mg/dL     |               |
| Triglycerides                             | 113    | mg/dL     |               |
| Insulin                                   | 5.3    | uIU/mL    |               |
| C-Reactive Protein                        | 1.53   | mg/L      |               |

#### Calories Summary



### Nutrients for 2017 December 14, Thursday

#### Nutrient Targets



| General |             |     |
|---------|-------------|-----|
| Energy  | 2007.6 kcal | 93% |

| Carbohydrates |        |           |
|---------------|--------|-----------|
| Carbs         | 28.4 g | 71%       |
| Fiber         | 21.5 g | 108%      |
| Net Carbs     | 6.9 g  | 34%       |
| Starch        | 0.0 g  | No Target |
| Sugars        | 5.8 g  | No Target |
| Sugar Alcohol | 0.0 g  | No Target |

| Lipids          |         |           |
|-----------------|---------|-----------|
| Fat             | 176.1 g | 99%       |
| Monounsaturated | 83.2 g  | No Target |
| Polyunsaturated | 15.6 g  | No Target |
| Omega-3         | 3.0 g   | 191%      |

| Protein |        |     |
|---------|--------|-----|
| Protein | 82.8 g | 69% |

| 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             | 2526.0 IU | 421% |
| Vitamin E             | 37.4 mg   | 249% |
| Vitamin K             | 210.6 µg  | 176% |

| Minerals   |           |      |
|------------|-----------|------|
| Calcium    | 2366.7 mg | 237% |
| Copper     | 2.0 mg    | 225% |
| Iron       | 5.1 mg    | 128% |
| Magnesium  | 768.1 mg  | 183% |
| Manganese  | 2.4 mg    | 105% |
| Phosphorus | 1106.0 mg | 158% |
| Potassium  | 4952.0 mg | 105% |
| Selenium   | 216.0 µg  | 393% |
| Sodium     | 2688.7 mg | 90%  |
| Zinc       | 15.5 mg   | 141% |

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM