



cronometer.com detailed report

2018 February 8

Name: Female 1

Age: 38

Sex: Female

Height: 172.7 cm / 5' 8"

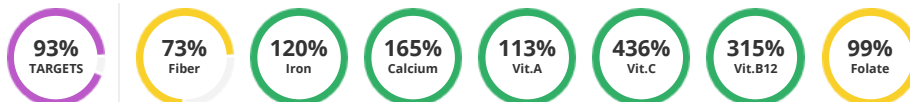
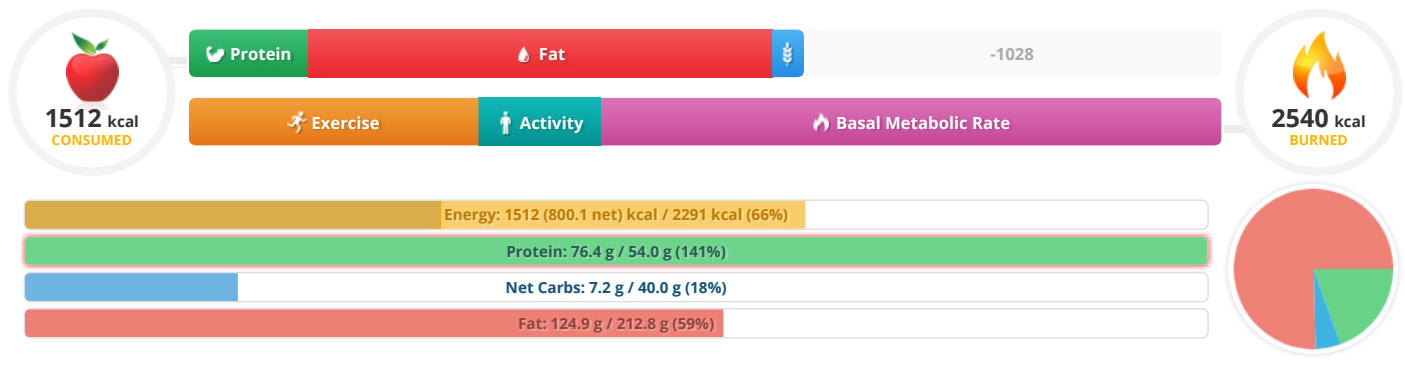
Weight: 79.7 kg / 175.7 lbs

BMI: 26.7

BMR: 1525.3 kcal

Daily Average Nutrition Report 2018 January 2 to 2018 January 25

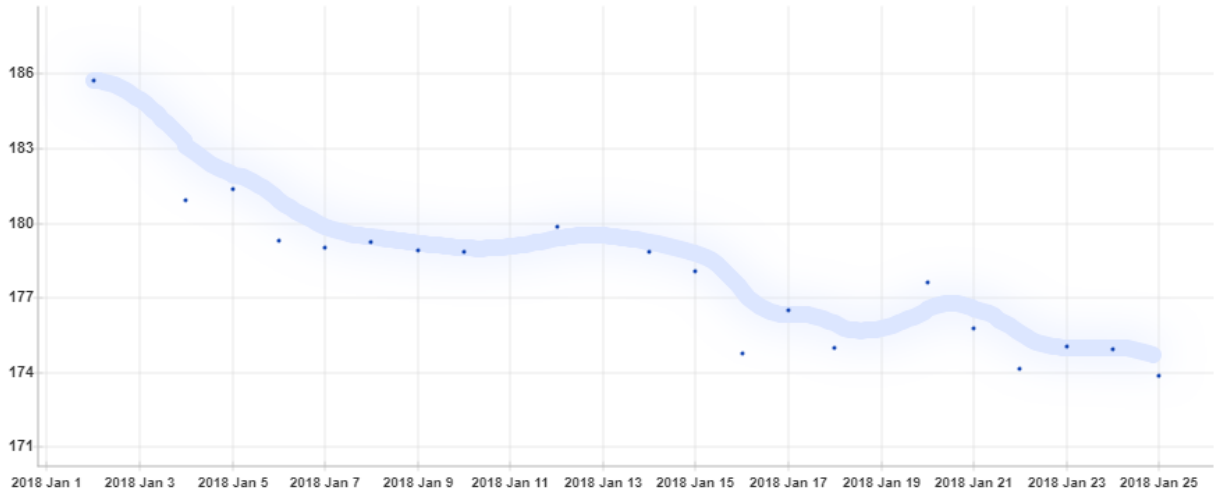
Calories Summary



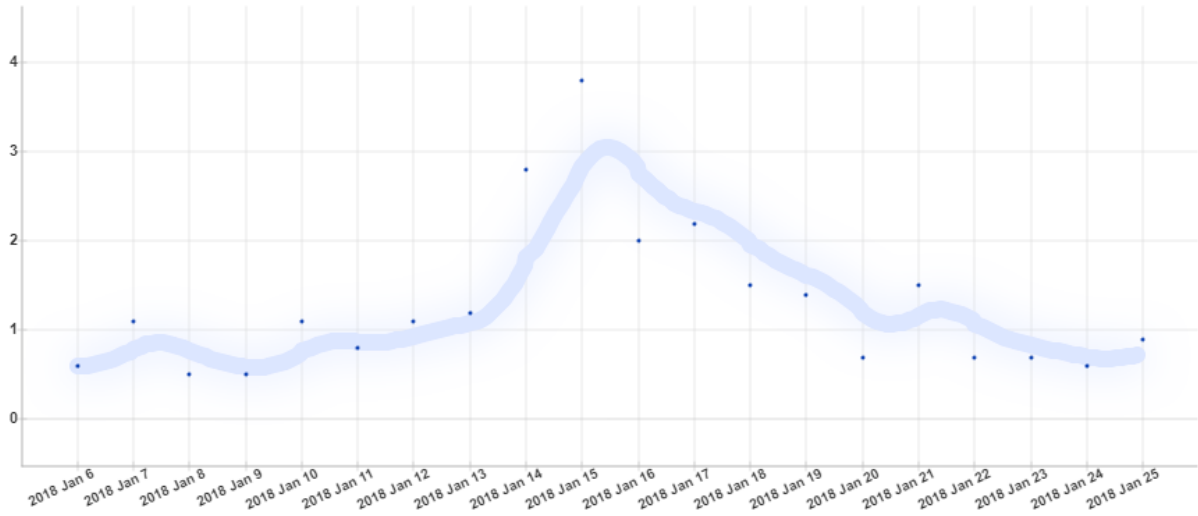
Carbohydrates			Vitamins			Nutrient Balances		
Carbs	25.3 g	39%	B1 (Thiamine)	1.9 mg	177%	0 8.881 25		
Fiber	18.2 g	73%	B2 (Riboflavin)	3.7 mg	336%	0 9.631 20		
Starch	0.1 g	No Target	B3 (Niacin)	19.1 mg	137%	0 1.617 6		
Sugars	6.4 g	No Target	B5 (Pantothenic Acid)	14.1 mg	282%	0 2.686 6		
Sugar Alcohol	0.0 g	0%	B6 (Pyridoxine)	2.4 mg	183%	OMEGA-6 : OMEGA-3		
Lipids			B12 (Cobalamin)	7.6 µg	315%	ZINC : COPPER		
Fat	124.9 g	59%	Folate	397.3 µg	99%	POTASSIUM : SODIUM		
Monounsaturated	58.2 g	No Target	Vitamin A	2640.2 IU	113%	CALCIUM : MAGNESIUM		
Polyunsaturated	11.0 g	No Target	Vitamin C	327.1 mg	436%			
Omega-3	1.1 g	96%	Vitamin D	2266.1 IU	378%			
Omega-6	9.4 g	78%	Vitamin E	30.4 mg	203%			
Saturated	48.9 g	48.858 g	Vitamin K	172.4 µg	192%			
Trans-Fats	1.9 g	1.892 g	Minerals					
Cholesterol	263.7 mg	n/a	Calcium	1651.0 mg	165%			
Protein			Copper	2.0 mg	219%			
Protein	76.4 g	141%	Iron	21.5 mg	120%			
Cystine	2.1 g	273%	Magnesium	614.6 mg	192%			
Histidine	1.3 g	115%	Manganese	2.4 mg	131%			
Isoleucine	4.6 g	306%	Phosphorus	987.9 mg	141%			
Leucine	8.0 g	239%	Potassium	4685.0 mg	100%			
Lysine	7.8 g	259%	Selenium	215.4 µg	392%			
Methionine	1.7 g	221%	Sodium	2897.7 mg	193%			
Phenylalanine	2.5 g	189%	Zinc	19.0 mg	238%			
Threonine	5.0 g	314%	General					
Tryptophan	1.4 g	342%	Energy	1511.5 kcal	66%			
Tyrosine	2.3 g	177%						
Valine	3.9 g	203%						

Biometric Charts

Weight (lbs) from 2018 January 2 to 2018 January 25

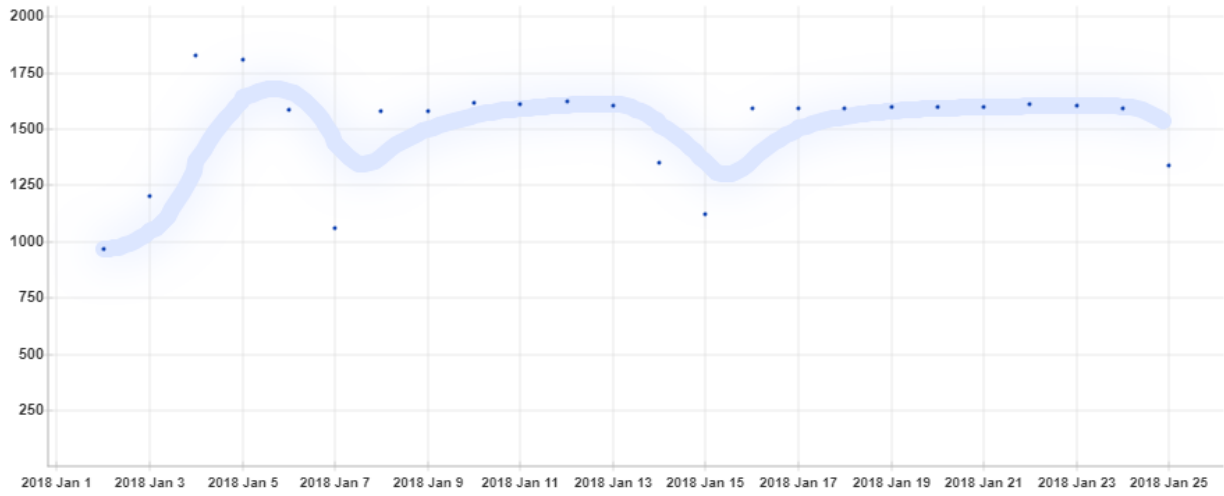


Ketones (Blood) (mmol/L) from 2018 January 2 to 2018 January 25

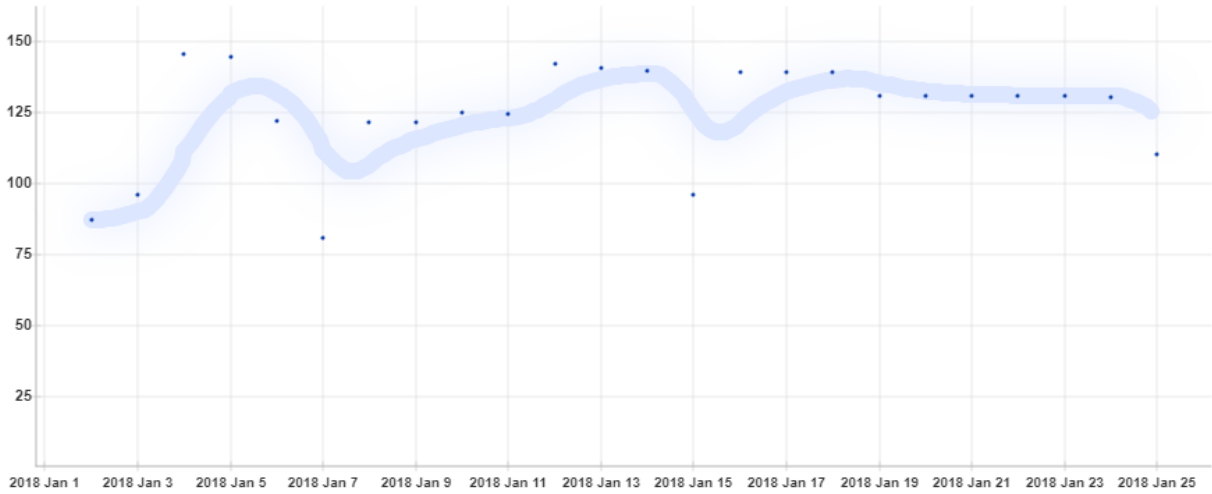


Nutrient Charts

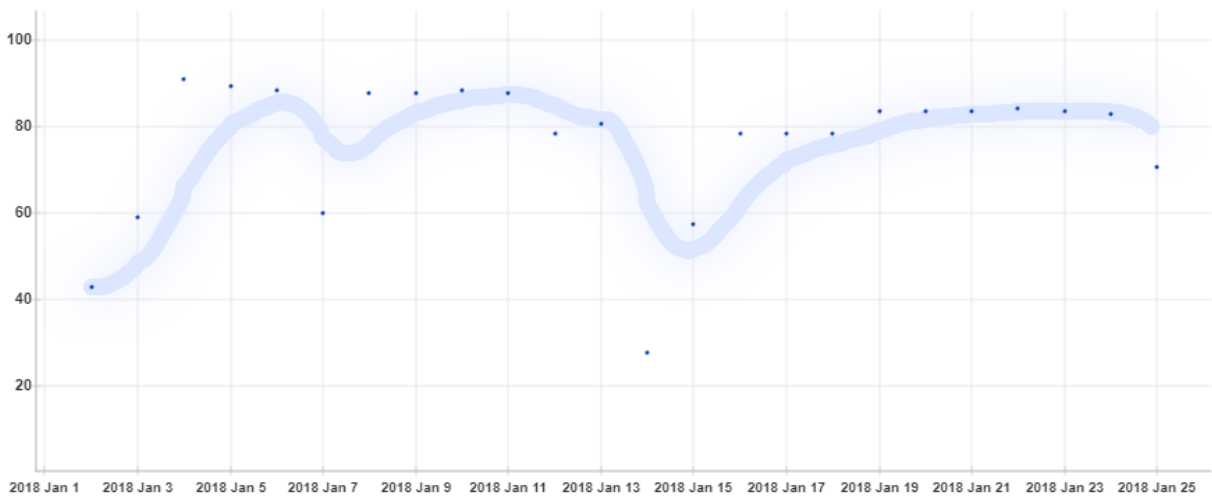
Energy (kcal) from 2018 January 2 to 2018 January 25



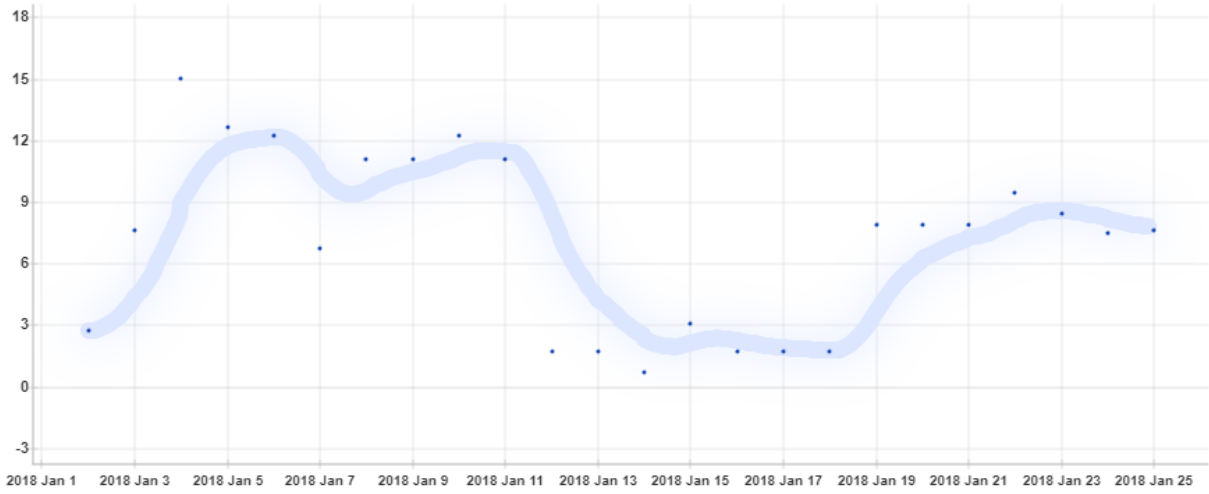
Fat (g) from 2018 January 2 to 2018 January 25



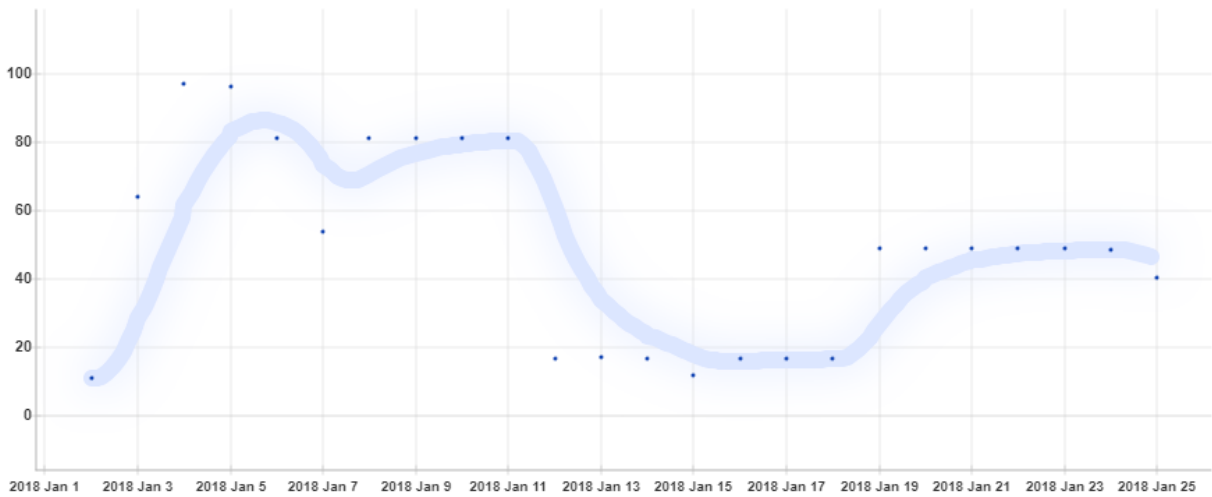
Protein (g) from 2018 January 2 to 2018 January 25



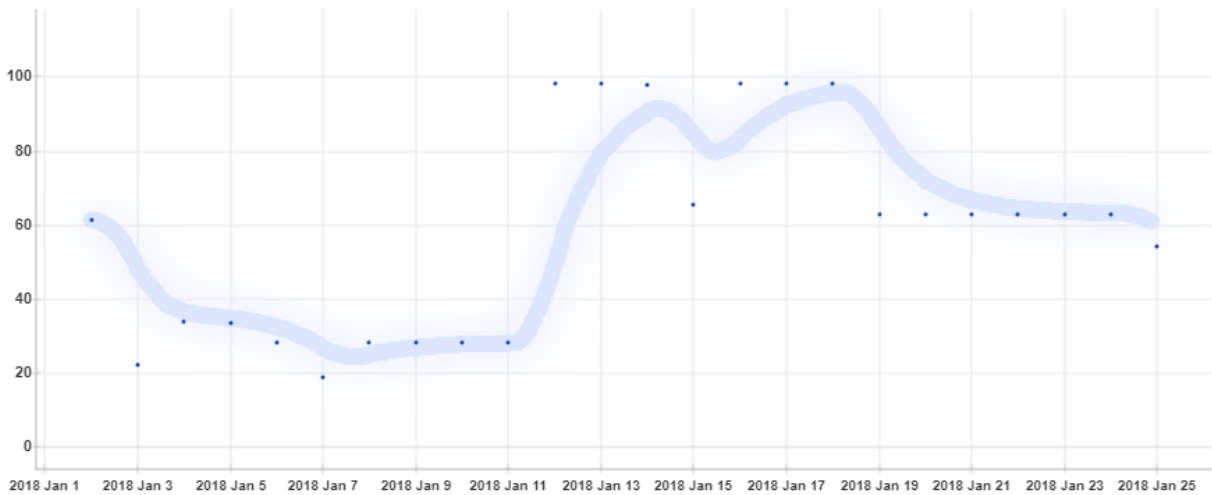
Net Carbs (g) from 2018 January 2 to 2018 January 25



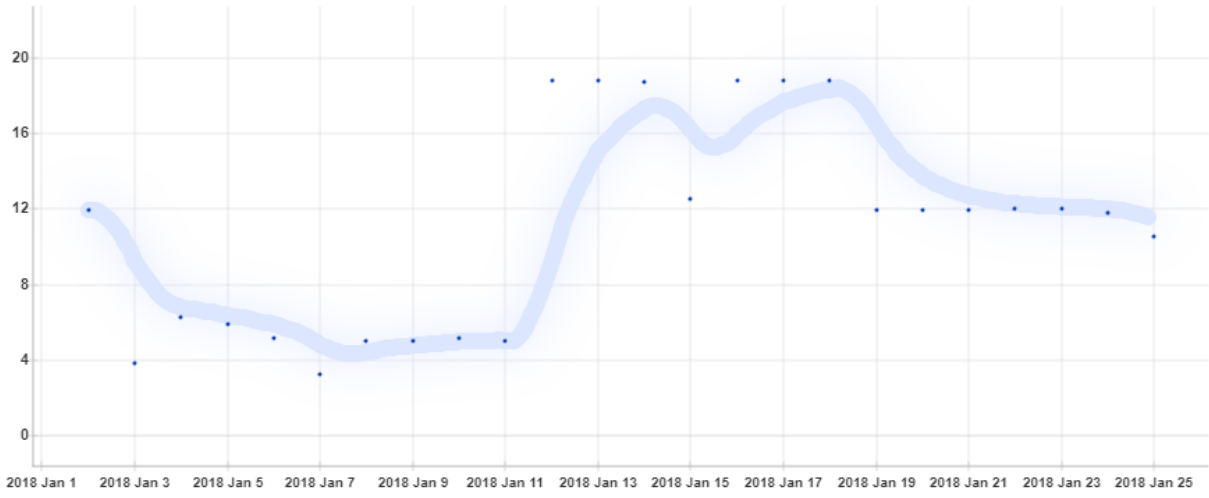
Saturated (g) from 2018 January 2 to 2018 January 25






Monounsaturated (g) from 2018 January 2 to 2018 January 25



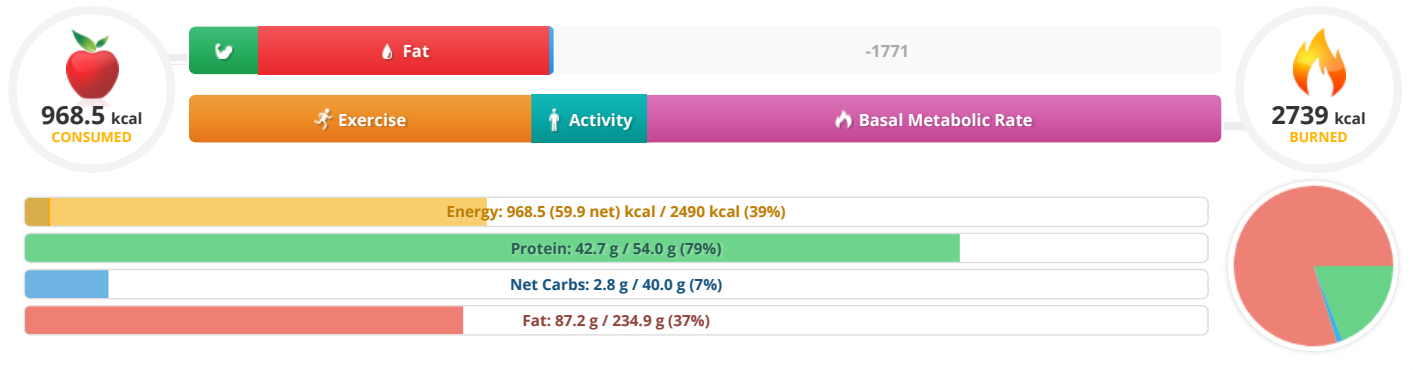
Polyunsaturated (g) from 2018 January 2 to 2018 January 25



Diary for 2018 January 2, Tuesday

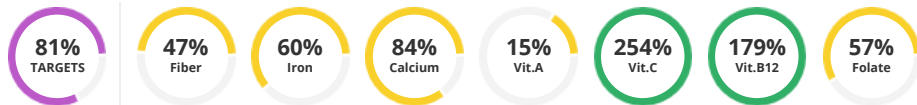
Description	Amount	Unit	Net Carbs (g)
 Fitbit Activity		0 minutes	
 Sleep (Fitbit)		6 hours	
 Keto Chow 2.0 Chocolate plus 54g Avocado Oil	1	Serving	2.77

Calories Summary



Nutrients for 2018 January 2, Tuesday

Nutrient Targets



General		
Energy	968.5 kcal	39%

Carbohydrates		
Carbs	14.6 g	22%
Fiber	11.8 g	47%
Starch	0.0 g	No Target
Sugars	0.9 g	No Target
Sugar Alcohol	0.0 g	0%

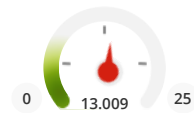
Lipids		
Fat	87.2 g	37%
Monounsaturated	61.2 g	No Target
Polyunsaturated	11.9 g	No Target
Omega-3	0.8 g	76%
Omega-6	10.9 g	91%
Saturated	10.8 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	3.2 mg	n/a

Protein		
Protein	42.7 g	79%
Cystine	1.2 g	158%
Histidine	0.7 g	62%
Isoleucine	2.6 g	170%
Leucine	4.5 g	134%
Lysine	4.5 g	148%
Methionine	0.9 g	122%
Phenylalanine	1.3 g	102%
Threonine	2.8 g	176%
Tryptophan	0.7 g	185%
Tyrosine	1.2 g	95%
Valine	2.1 g	111%

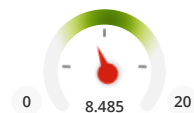
Vitamins		
B1 (Thiamine)	1.1 mg	101%
B2 (Riboflavin)	2.5 mg	227%
B3 (Niacin)	11.2 mg	80%
B5 (Pantothenic Acid)	7.8 mg	156%
B6 (Pyridoxine)	1.3 mg	101%
B12 (Cobalamin)	4.3 µg	179%
Folate	228.9 µg	57%
Vitamin A	354.4 IU	15%
Vitamin C	190.7 mg	254%
Vitamin D	1271.5 IU	212%
Vitamin E	12.7 mg	85%
Vitamin K	63.6 µg	71%

Minerals		
Calcium	842.4 mg	84%
Copper	1.3 mg	146%
Iron	10.8 mg	60%
Magnesium	375.1 mg	117%
Manganese	1.5 mg	84%
Phosphorus	553.1 mg	79%
Potassium	2746.4 mg	58%
Selenium	124.0 µg	225%
Sodium	1405.0 mg	94%
Zinc	11.1 mg	139%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

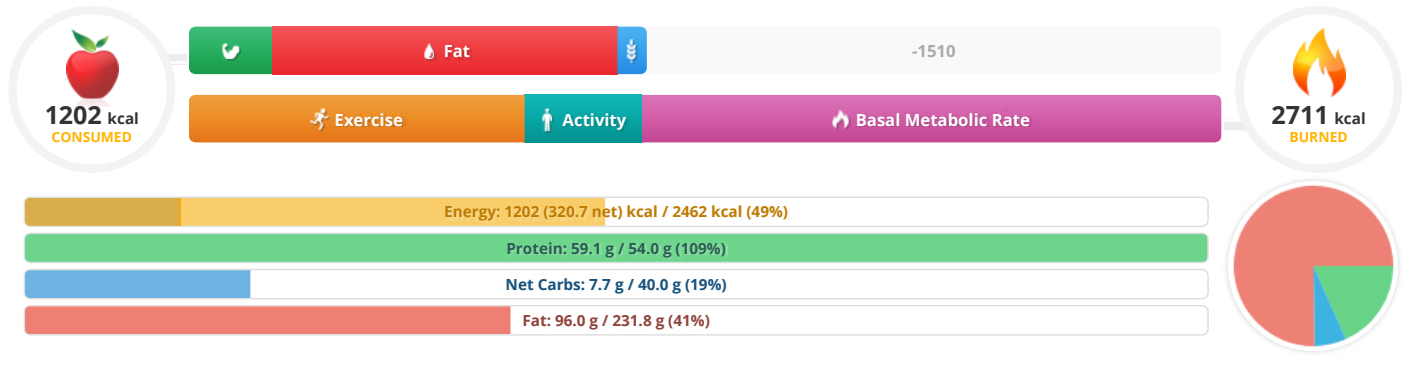


CALCIUM : MAGNESIUM

Diary for 2018 January 3, Wednesday

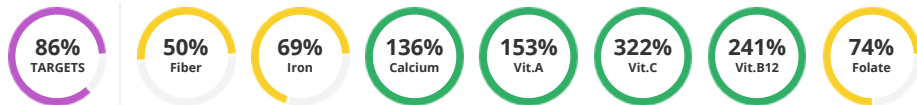
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		7.3 hours	
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	2	full recipe	7.67

Calories Summary



Nutrients for 2018 January 3, Wednesday

Nutrient Targets



General

Energy	1201.6 kcal	49%
--------	-------------	-----

Carbohydrates

Carbs	20.2 g	31%
Fiber	12.5 g	50%
Starch	0.0 g	No Target
Sugars	8.1 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	96.0 g	41%
Monounsaturated	22.1 g	No Target
Polyunsaturated	3.8 g	No Target
Omega-3	0.4 g	35%
Omega-6	2.4 g	20%
Saturated	64.0 g	64.033 g
Trans-Fats	2.9 g	2.947 g
Cholesterol	401.3 mg	401.333 mg

Protein

Protein	59.1 g	109%
Cystine	1.5 g	204%
Histidine	1.0 g	92%
Isoleucine	3.6 g	238%
Leucine	6.2 g	185%
Lysine	5.9 g	196%
Methionine	1.3 g	174%
Phenylalanine	2.0 g	152%
Threonine	3.8 g	241%
Tryptophan	1.1 g	272%
Tyrosine	1.9 g	143%
Valine	3.1 g	161%

Vitamins

B1 (Thiamine)	1.4 mg	132%
B2 (Riboflavin)	2.7 mg	250%
B3 (Niacin)	14.1 mg	101%
B5 (Pantothenic Acid)	11.0 mg	220%
B6 (Pyridoxine)	1.8 mg	139%
B12 (Cobalamin)	5.8 µg	241%
Folate	295.5 µg	74%
Vitamin A	3578.7 IU	153%
Vitamin C	241.4 mg	322%
Vitamin D	1750.2 IU	292%
Vitamin E	18.2 mg	121%
Vitamin K	87.6 µg	97%

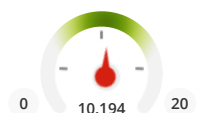
Minerals

Calcium	1363.9 mg	136%
Copper	1.4 mg	154%
Iron	12.4 mg	69%
Magnesium	450.7 mg	141%
Manganese	1.6 mg	90%
Phosphorus	776.3 mg	111%
Potassium	3494.4 mg	74%
Selenium	162.4 µg	295%
Sodium	1845.5 mg	123%
Zinc	14.2 mg	177%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

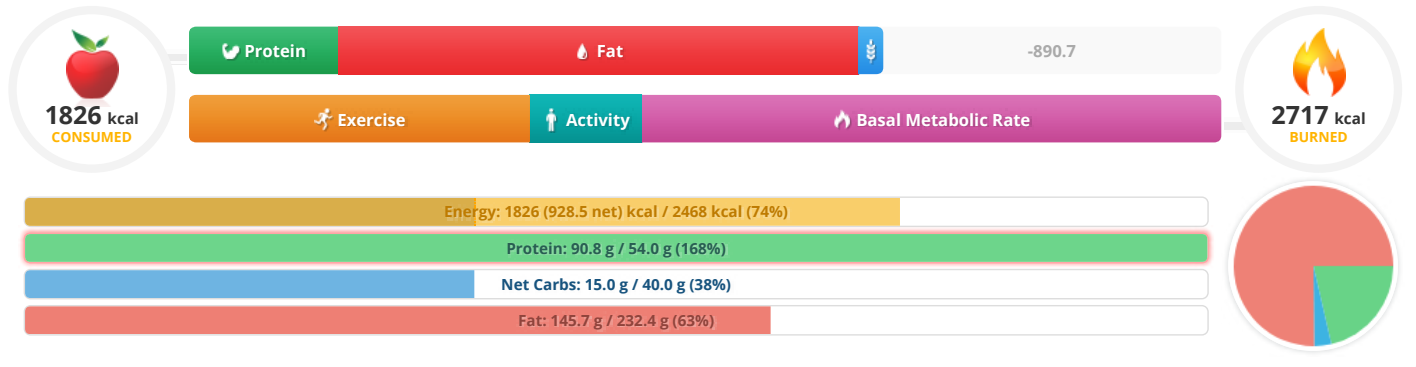


CALCIUM : MAGNESIUM

Diary for 2018 January 4, Thursday

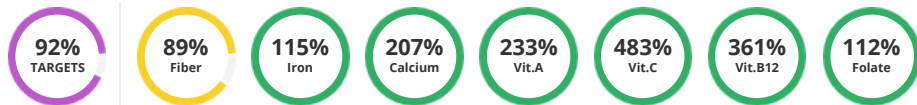
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		35 minutes	
Body Fat (Fitbit)		41 %	
Weight (Fitbit)		180.9 lbs	
Pulse (Nokia)		107 bpm	
Weight (Nokia)		180.98 lbs	
Body Fat (Nokia)		41.03 %	
Sleep (Fitbit)		6.9 hours	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	3	full recipe	15.02

Calories Summary



Nutrients for 2018 January 4, Thursday

Nutrient Targets



General

Energy	1826.4 kcal	74%
--------	-------------	-----

Carbohydrates

Carbs	37.3 g	57%
Fiber	22.3 g	89%
Starch	0.0 g	No Target
Sugars	12.2 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	145.7 g	63%
Monounsaturated	33.8 g	No Target
Polyunsaturated	6.3 g	No Target
Omega-3	0.6 g	52%
Omega-6	3.6 g	30%
Saturated	97.0 g	96.980 g
Trans-Fats	4.4 g	4.420 g
Cholesterol	602.0 mg	602.000 mg

Protein

Protein	90.8 g	168%
Cystine	2.3 g	306%
Histidine	1.5 g	138%
Isoleucine	5.4 g	356%
Leucine	9.3 g	277%
Lysine	8.9 g	293%
Methionine	2.0 g	261%
Phenylalanine	3.0 g	227%
Threonine	5.8 g	361%
Tryptophan	1.6 g	409%
Tyrosine	2.8 g	215%
Valine	4.6 g	241%

Vitamins

B1 (Thiamine)	2.2 mg	197%
B2 (Riboflavin)	5.4 mg	489%
B3 (Niacin)	21.3 mg	152%
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	233%
Vitamin C	362.1 mg	483%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	146%

Minerals

Calcium	2066.8 mg	207%
Copper	2.5 mg	279%
Iron	20.7 mg	115%
Magnesium	733.0 mg	229%
Manganese	2.9 mg	159%
Phosphorus	1251.4 mg	179%
Potassium	5541.6 mg	118%
Selenium	244.7 µg	445%
Sodium	2771.2 mg	185%
Zinc	21.9 mg	273%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

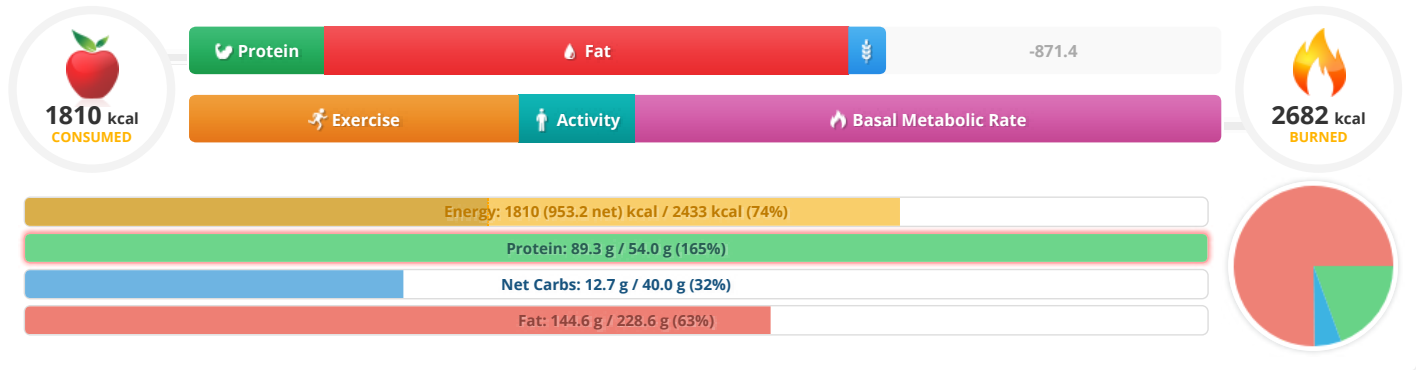


CALCIUM : MAGNESIUM

Diary for 2018 January 5, Friday

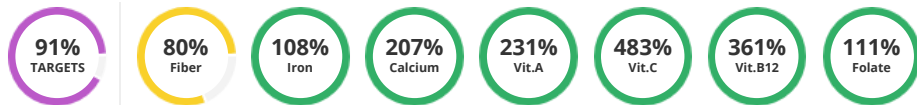
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		18 minutes	
Weight (Fitbit)		181.3 lbs	
Weight (Nokia)		181.39 lbs	
Sleep (Fitbit)		6.5 hours	
Keto Chow 2.0 Chocolate plus 118ml heavy cream	1	full recipe	5.01
Keto Chow 2.0 Salted Caramel plus 118ml heavy cream	2	full recipe	7.67
Diet Mug Cream Soda	1	can - each 12 fl oz	0

Calories Summary



Nutrients for 2018 January 5, Friday

Nutrient Targets



General

Energy	1810.4 kcal	74%
--------	-------------	-----

Carbohydrates

Carbs	32.6 g	50%
Fiber	20.0 g	80%
Starch	0.0 g	No Target
Sugars	12.1 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	144.6 g	63%
Monounsaturated	33.4 g	No Target
Polyunsaturated	5.9 g	No Target
Omega-3	0.6 g	52%
Omega-6	3.5 g	30%
Saturated	96.4 g	96.360 g
Trans-Fats	4.4 g	4.420 g
Cholesterol	602.0 mg	602.000 mg

Protein

Protein	89.3 g	165%
Cystine	2.3 g	306%
Histidine	1.5 g	138%
Isoleucine	5.4 g	356%
Leucine	9.3 g	277%
Lysine	8.9 g	293%
Methionine	2.0 g	261%
Phenylalanine	3.0 g	227%
Threonine	5.8 g	361%
Tryptophan	1.6 g	409%
Tyrosine	2.8 g	215%
Valine	4.6 g	241%

Vitamins

B1 (Thiamine)	2.2 mg	197%
B2 (Riboflavin)	4.5 mg	413%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	16.5 mg	329%
B6 (Pyridoxine)	2.7 mg	206%
B12 (Cobalamin)	8.7 µg	361%
Folate	444.3 µg	111%
Vitamin A	5391.0 IU	231%
Vitamin C	362.1 mg	483%
Vitamin D	2625.3 IU	438%
Vitamin E	27.3 mg	182%
Vitamin K	131.4 µg	146%

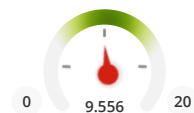
Minerals

Calcium	2067.2 mg	207%
Copper	2.3 mg	251%
Iron	19.5 mg	108%
Magnesium	698.6 mg	218%
Manganese	2.6 mg	146%
Phosphorus	1233.0 mg	176%
Potassium	5348.8 mg	114%
Selenium	244.3 µg	444%
Sodium	2830.4 mg	189%
Zinc	21.6 mg	270%

Nutrient Balances



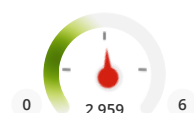
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

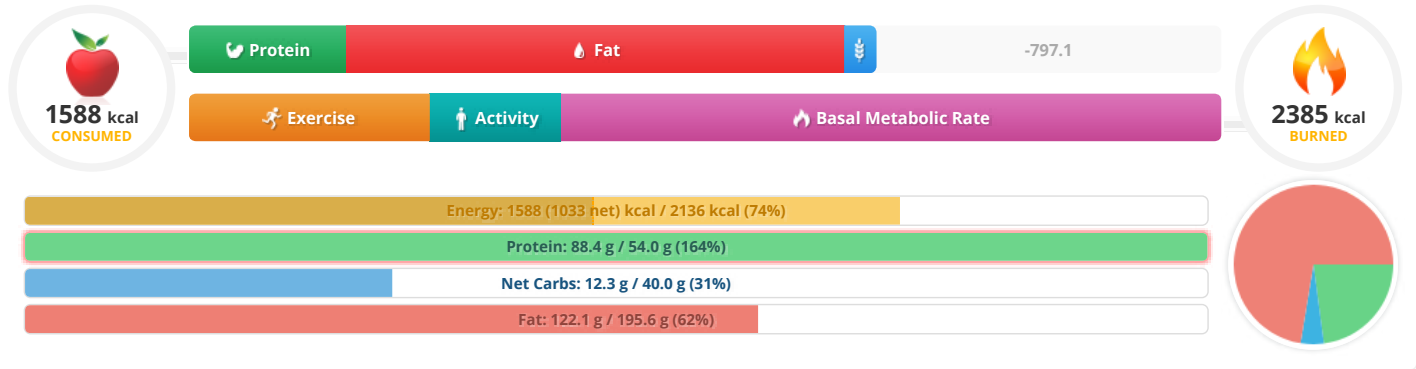


CALCIUM : MAGNESIUM

Diary for 2018 January 6, Saturday

Description	Amount	Unit	Net Carbs (g)
Keto Chow, 2.0, Chocolate	2	Scoop	3.48
Weight (Nokia)	179.41	lbs	
Body Fat (Nokia)	40.91	%	
Fitbit Activity	0	minutes	
Sleep (Fitbit)	1.52	hours	
Weight (Nokia)	179.16	lbs	
Body Fat (Nokia)	41.02	%	
Ketones (Blood)	0.6	mmol/L	
Diet Mug Cream Soda	1	can - each 12 fl oz	0
Keto Chow 2.0 - Salted Caramel	1	Scoop	0.57
Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22

Calories Summary



Nutrients for 2018 January 6, Saturday

Nutrient Targets



General		
Energy	1588.0 kcal	74%

Carbohydrates		
Carbs	33.4 g	51%
Fiber	21.1 g	84%
Starch	0.0 g	No Target
Sugars	10.5 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids		
Fat	122.1 g	62%
Monounsaturated	28.4 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	0.5 g	44%
Omega-6	3.0 g	25%
Saturated	81.3 g	81.310 g
Trans-Fats	3.7 g	3.708 g
Cholesterol	506.0 mg	506.000 mg

Protein		
Protein	88.4 g	164%
Cystine	2.3 g	305%
Histidine	1.5 g	135%
Isoleucine	5.3 g	351%
Leucine	9.1 g	273%
Lysine	8.8 g	291%
Methionine	1.9 g	256%
Phenylalanine	2.9 g	222%
Threonine	5.7 g	357%
Tryptophan	1.6 g	399%
Tyrosine	2.8 g	209%
Valine	4.5 g	236%

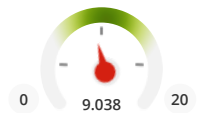
Vitamins		
B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.9 mg	441%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	16.2 mg	324%
B6 (Pyridoxine)	2.6 mg	202%
B12 (Cobalamin)	8.6 µg	358%
Folate	443.0 µg	111%
Vitamin A	4646.0 IU	199%
Vitamin C	361.8 mg	482%
Vitamin D	2589.0 IU	432%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	144%

Minerals		
Calcium	1997.4 mg	200%
Copper	2.4 mg	267%
Iron	20.1 mg	112%
Magnesium	713.6 mg	223%
Manganese	2.8 mg	154%
Phosphorus	1228.6 mg	176%
Potassium	5391.2 mg	115%
Selenium	243.0 µg	442%
Sodium	2812.2 mg	187%
Zinc	21.7 mg	271%

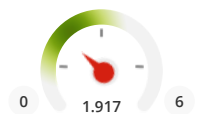
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

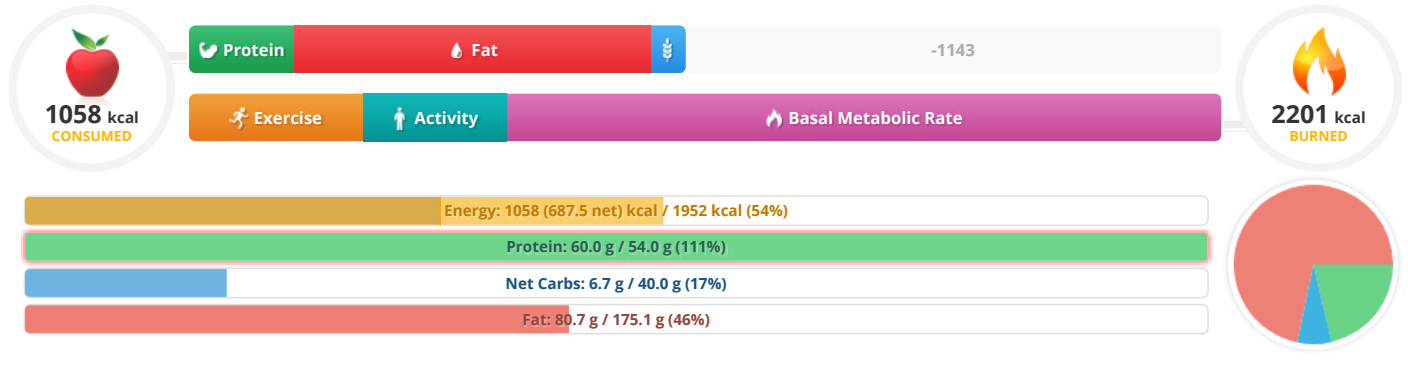


CALCIUM : MAGNESIUM

Diary for 2018 January 7, Sunday

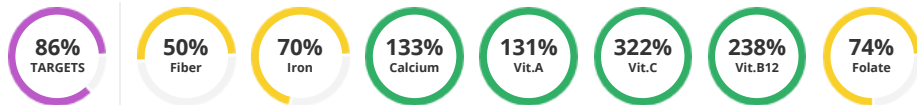
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)		179.05 lbs	
Body Fat (Nokia)		40.29 %	
Sleep (Fitbit)		8.83 hours	
Ketones (Blood)		1.6 mmol/L	
Topco Associates, Inc., Broth Chicken	2	cup	0
White bread, store bought	0.25	g	0.12
Diet Mug Cream Soda	1	can - each 12 fl oz	0
Ketones (Blood)		0.6 mmol/L	
Keto Chow 2.0 - Salted Caramel	2	Scoop	1.14
Cream, fluid, heavy whipping Darigold 40%	200	ml	5.48

Calories Summary



Nutrients for 2018 January 7, Sunday

Nutrient Targets



General

Energy	1058.3 kcal	54%
--------	-------------	-----

Carbohydrates

Carbs	19.3 g	30%
Fiber	12.5 g	50%
Starch	0.1 g	No Target
Sugars	7.0 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	80.7 g	46%
Monounsaturated	18.6 g	No Target
Polyunsaturated	3.2 g	No Target
Omega-3	0.3 g	30%
Omega-6	2.0 g	17%
Saturated	53.8 g	53.795 g
Trans-Fats	2.5 g	2.472 g
Cholesterol	337.3 mg	337.333 mg

Protein

Protein	60.0 g	111%
Cystine	1.5 g	203%
Histidine	1.0 g	90%
Isoleucine	3.5 g	234%
Leucine	6.1 g	182%
Lysine	5.9 g	194%
Methionine	1.3 g	171%
Phenylalanine	1.9 g	148%
Threonine	3.8 g	238%
Tryptophan	1.1 g	266%
Tyrosine	1.8 g	140%
Valine	3.0 g	157%

Vitamins

B1 (Thiamine)	1.4 mg	131%
B2 (Riboflavin)	2.7 mg	243%
B3 (Niacin)	14.1 mg	101%
B5 (Pantothenic Acid)	10.8 mg	216%
B6 (Pyridoxine)	1.8 mg	138%
B12 (Cobalamin)	5.7 µg	238%
Folate	294.3 µg	74%
Vitamin A	3066.7 IU	131%
Vitamin C	241.2 mg	322%
Vitamin D	1726.0 IU	288%
Vitamin E	17.8 mg	119%
Vitamin K	86.4 µg	96%

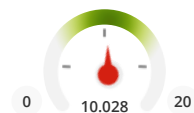
Minerals

Calcium	1327.4 mg	133%
Copper	1.4 mg	158%
Iron	12.6 mg	70%
Magnesium	451.7 mg	141%
Manganese	1.7 mg	93%
Phosphorus	793.8 mg	113%
Potassium	3463.5 mg	74%
Selenium	161.6 µg	294%
Sodium	3037.5 mg	202%
Zinc	14.2 mg	178%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

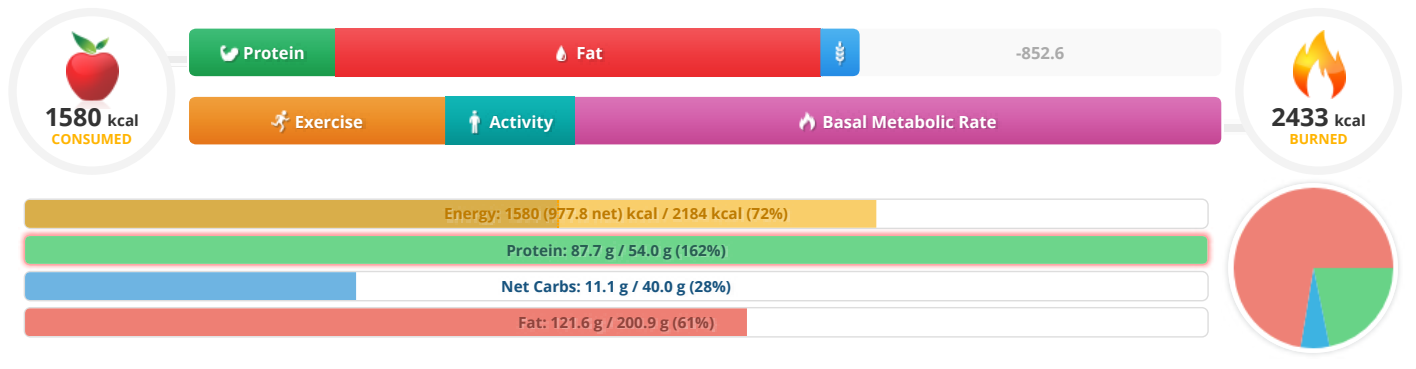


CALCIUM : MAGNESIUM

Diary for 2018 January 8, Monday

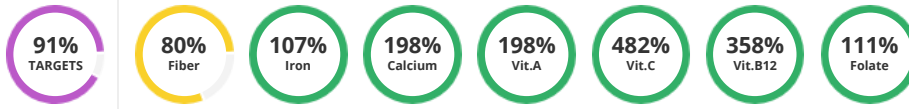
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		7.02 hours	
Weight (Nokia)	179.22	lbs	
Body Fat (Nokia)	39.88	%	
Keto Chow 2.0 - Cookies and Cream	2	Scoop	1.14
Ketones (Blood)	0.5	mmol/L	
Keto Chow, 2.0, Chocolate	1	Scoop	1.74
Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22

Calories Summary



Nutrients for 2018 January 8, Monday

Nutrient Targets



General		
Energy	1580.0 kcal	72%

Carbohydrates		
Carbs	31.1 g	48%
Fiber	20.0 g	80%
Starch	0.0 g	No Target
Sugars	10.5 g	No Target
Sugar Alcohol	0.0 g	0%

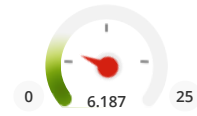
Lipids		
Fat	121.6 g	60%
Monounsaturated	28.2 g	No Target
Polyunsaturated	5.0 g	No Target
Omega-3	0.5 g	44%
Omega-6	3.0 g	25%
Saturated	81.0 g	81.000 g
Trans-Fats	3.7 g	3.708 g
Cholesterol	506.0 mg	506.000 mg

Protein		
Protein	87.7 g	162%
Cystine	2.3 g	305%
Histidine	1.5 g	135%
Isoleucine	5.3 g	351%
Leucine	9.1 g	273%
Lysine	8.8 g	291%
Methionine	1.9 g	256%
Phenylalanine	2.9 g	222%
Threonine	5.7 g	357%
Tryptophan	1.6 g	399%
Tyrosine	2.8 g	209%
Valine	4.5 g	236%

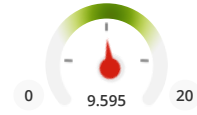
Vitamins		
B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.4 mg	403%
B3 (Niacin)	21.2 mg	151%
B5 (Pantothenic Acid)	16.2 mg	324%
B6 (Pyridoxine)	2.7 mg	204%
B12 (Cobalamin)	8.6 µg	358%
Folate	442.0 µg	111%
Vitamin A	4623.0 IU	198%
Vitamin C	361.8 mg	482%
Vitamin D	2589.0 IU	432%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	144%

Minerals		
Calcium	1976.0 mg	198%
Copper	2.2 mg	247%
Iron	19.3 mg	107%
Magnesium	691.0 mg	216%
Manganese	2.6 mg	143%
Phosphorus	1160.0 mg	166%
Potassium	5284.0 mg	112%
Selenium	242.2 µg	440%
Sodium	2750.0 mg	183%
Zinc	21.3 mg	266%

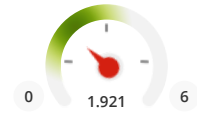
Nutrient Balances



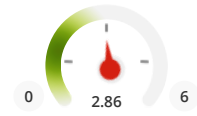
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

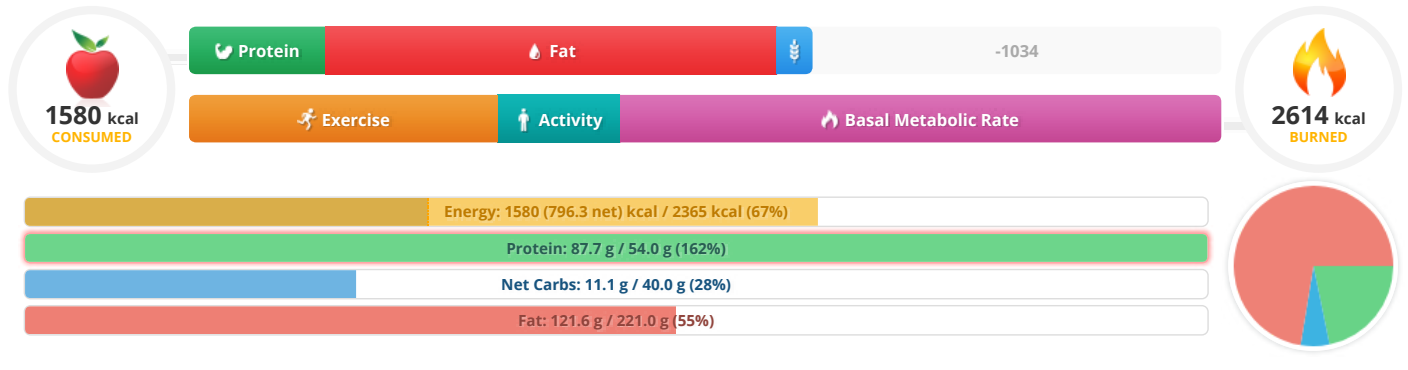


CALCIUM : MAGNESIUM

Diary for 2018 January 9, Tuesday

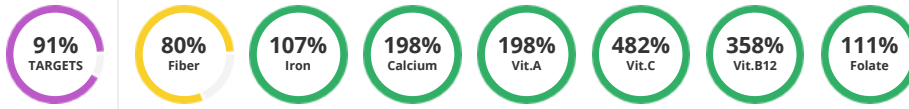
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		7.22 hours	
Weight (Nokia)		178.92 lbs	
Body Fat (Nokia)		39.85 %	
Cream, fluid, heavy whipping Darigold 40%		300 ml	8.22
Keto Chow, 2.0, Chocolate		1 Scoop	1.74
Keto Chow 2.0 - Salted Caramel		2 Scoop	1.14
Ketones (Blood)		0.5 mmol/L	

Calories Summary



Nutrients for 2018 January 9, Tuesday

Nutrient Targets



General		
Energy	1580.0 kcal	67%

Carbohydrates		
Carbs	31.1 g	48%
Fiber	20.0 g	80%
Starch	0.0 g	No Target
Sugars	10.5 g	No Target
Sugar Alcohol	0.0 g	0%

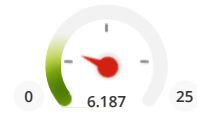
Lipids		
Fat	121.6 g	55%
Monounsaturated	28.2 g	No Target
Polyunsaturated	5.0 g	No Target
Omega-3	0.5 g	44%
Omega-6	3.0 g	25%
Saturated	81.0 g	81.000 g
Trans-Fats	3.7 g	3.708 g
Cholesterol	506.0 mg	506.000 mg

Protein		
Protein	87.7 g	162%
Cystine	2.3 g	305%
Histidine	1.5 g	135%
Isoleucine	5.3 g	351%
Leucine	9.1 g	273%
Lysine	8.8 g	291%
Methionine	1.9 g	256%
Phenylalanine	2.9 g	222%
Threonine	5.7 g	357%
Tryptophan	1.6 g	399%
Tyrosine	2.8 g	209%
Valine	4.5 g	236%

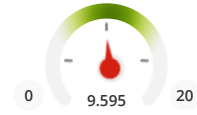
Vitamins		
B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.4 mg	403%
B3 (Niacin)	21.2 mg	151%
B5 (Pantothenic Acid)	16.2 mg	324%
B6 (Pyridoxine)	2.7 mg	204%
B12 (Cobalamin)	8.6 µg	358%
Folate	442.0 µg	111%
Vitamin A	4623.0 IU	198%
Vitamin C	361.8 mg	482%
Vitamin D	2589.0 IU	432%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	144%

Minerals		
Calcium	1976.0 mg	198%
Copper	2.2 mg	247%
Iron	19.3 mg	107%
Magnesium	691.0 mg	216%
Manganese	2.6 mg	143%
Phosphorus	1160.0 mg	166%
Potassium	5284.0 mg	112%
Selenium	242.2 µg	440%
Sodium	2750.0 mg	183%
Zinc	21.3 mg	266%

Nutrient Balances



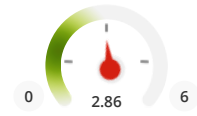
OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

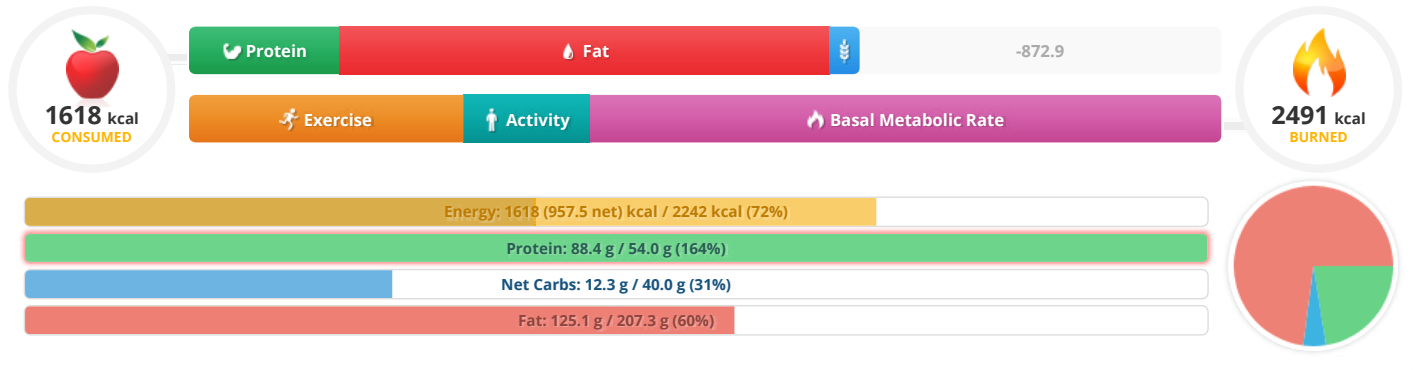


CALCIUM : MAGNESIUM

Diary for 2018 January 10, Wednesday

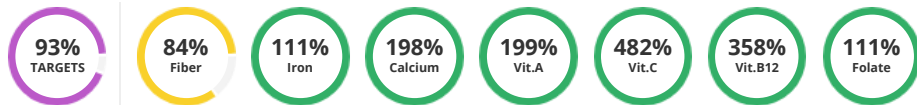
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)		178.85 lbs	
Body Fat (Nokia)		39.98 %	
Sleep (Fitbit)		7.97 hours	
Cream, fluid, heavy whipping Darigold 40%		300 ml	8.22
Keto Chow, 2.0, Chocolate		2 Scoop	3.48
Keto Chow 2.0 - Salted Caramel		1 Scoop	0.57
Ketones (Blood)		1.1 mmol/L	
Keto Chow Fish Oil		1 × 2 Pills	0

Calories Summary



Nutrients for 2018 January 10, Wednesday

Nutrient Targets



General

Energy	1618.0 kcal	72%
--------	-------------	-----

Carbohydrates

Carbs	33.4 g	51%
Fiber	21.1 g	84%
Starch	0.0 g	No Target
Sugars	10.5 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	125.1 g	60%
Monounsaturated	28.4 g	No Target
Polyunsaturated	5.2 g	No Target
Omega-3	2.4 g	223%
Omega-6	3.0 g	25%
Saturated	81.3 g	81.310 g
Trans-Fats	3.7 g	3.708 g
Cholesterol	526.0 mg	526.000 mg

Protein

Protein	88.4 g	164%
Cystine	2.3 g	305%
Histidine	1.5 g	135%
Isoleucine	5.3 g	351%
Leucine	9.1 g	273%
Lysine	8.8 g	291%
Methionine	1.9 g	256%
Phenylalanine	2.9 g	222%
Threonine	5.7 g	357%
Tryptophan	1.6 g	399%
Tyrosine	2.8 g	209%
Valine	4.5 g	236%

Vitamins

B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.9 mg	441%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	16.2 mg	324%
B6 (Pyridoxine)	2.6 mg	202%
B12 (Cobalamin)	8.6 µg	358%
Folate	443.0 µg	111%
Vitamin A	4646.0 IU	199%
Vitamin C	361.8 mg	482%
Vitamin D	2589.0 IU	432%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	144%

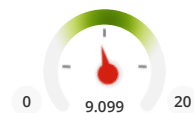
Minerals

Calcium	1983.0 mg	198%
Copper	2.4 mg	263%
Iron	20.0 mg	111%
Magnesium	710.0 mg	222%
Manganese	2.7 mg	151%
Phosphorus	1189.0 mg	170%
Potassium	5384.0 mg	115%
Selenium	242.6 µg	441%
Sodium	2751.0 mg	183%
Zinc	21.5 mg	269%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

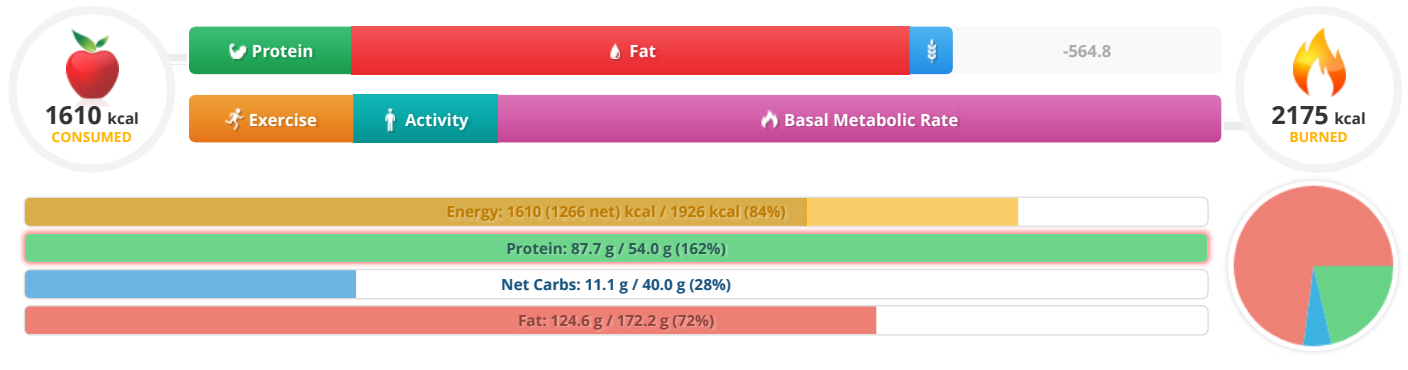


CALCIUM : MAGNESIUM

Diary for 2018 January 11, Thursday

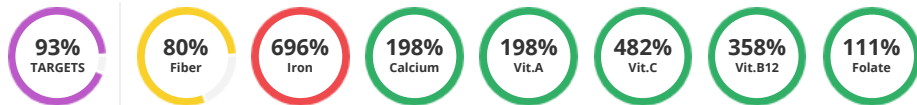
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		8.65 hours	
Keto Chow, 2.0, Chocolate	1	Scoop	1.74
Keto Chow 2.0 - Salted Caramel	2	Scoop	1.14
Cream, fluid, heavy whipping Darigold 40%	300	ml	8.22
Keto Chow Fish Oil	1	× 2 Pills	0
Ferretts, Iron Supplement	1	tablet	0
Ketones (Blood)	0.8	mmol/L	
Mtn Dew, Diet Soda	1	can	0
Diet Squirt, Naturally Flavored Citrus Soda	1	can	0

Calories Summary



Nutrients for 2018 January 11, Thursday

Nutrient Targets



General		
Energy	1610.0 kcal	84%

Carbohydrates		
Carbs	31.1 g	48%
Fiber	20.0 g	80%
Starch	0.0 g	No Target
Sugars	10.5 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids		
Fat	124.6 g	72%
Monounsaturated	28.2 g	No Target
Polyunsaturated	5.0 g	No Target
Omega-3	2.4 g	223%
Omega-6	3.0 g	25%
Saturated	81.0 g	81.000 g
Trans-Fats	3.7 g	3.708 g
Cholesterol	526.0 mg	526.000 mg

Protein		
Protein	87.7 g	162%
Cystine	2.3 g	305%
Histidine	1.5 g	135%
Isoleucine	5.3 g	351%
Leucine	9.1 g	273%
Lysine	8.8 g	291%
Methionine	1.9 g	256%
Phenylalanine	2.9 g	222%
Threonine	5.7 g	357%
Tryptophan	1.6 g	399%
Tyrosine	2.8 g	209%
Valine	4.5 g	236%

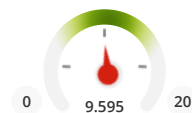
Vitamins		
B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.4 mg	403%
B3 (Niacin)	21.2 mg	151%
B5 (Pantothenic Acid)	16.2 mg	324%
B6 (Pyridoxine)	2.7 mg	204%
B12 (Cobalamin)	8.6 µg	358%
Folate	442.0 µg	111%
Vitamin A	4623.0 IU	198%
Vitamin C	361.8 mg	482%
Vitamin D	2589.0 IU	432%
Vitamin E	26.8 mg	178%
Vitamin K	129.6 µg	144%

Minerals		
Calcium	1976.0 mg	198%
Copper	2.2 mg	247%
Iron	125.3 mg	696%
Magnesium	691.0 mg	216%
Manganese	2.6 mg	143%
Phosphorus	1160.0 mg	166%
Potassium	5284.0 mg	112%
Selenium	242.2 µg	440%
Sodium	2855.0 mg	190%
Zinc	21.3 mg	266%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

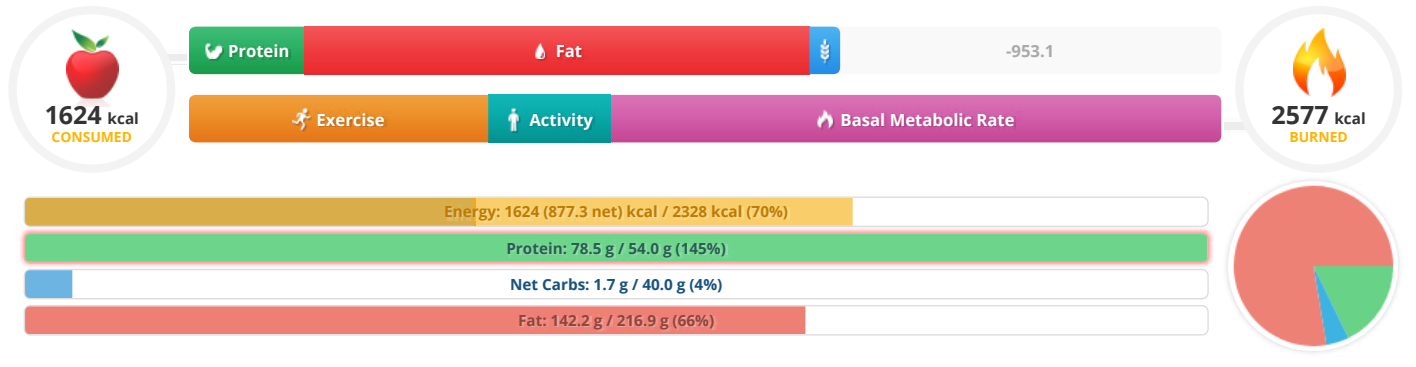


CALCIUM : MAGNESIUM

Diary for 2018 January 12, Friday

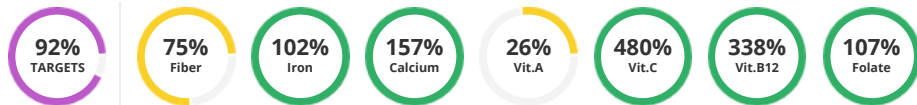
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)		179.84 lbs	
Body Fat (Nokia)		39.95 %	
Sleep (Fitbit)		7.8 hours	
Keto Chow 2.0 - Salted Caramel		3 Scoop	1.71
Avocado Oil (with ml)		1.5 × 100 ml	0
Keto Chow Fish Oil		1 × 2 Pills	0
Ketones (Blood)		1.1 mmol/L	

Calories Summary



Nutrients for 2018 January 12, Friday

Nutrient Targets



General

Energy	1623.9 kcal	70%
--------	-------------	-----

Carbohydrates

Carbs	20.5 g	32%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	142.2 g	66%
Monounsaturated	98.2 g	No Target
Polyunsaturated	18.8 g	No Target
Omega-3	3.2 g	288%
Omega-6	17.6 g	146%
Saturated	16.7 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	n/a

Protein

Protein	78.5 g	145%
Cystine	2.3 g	299%
Histidine	1.3 g	117%
Isoleucine	4.9 g	322%
Leucine	8.4 g	252%
Lysine	8.4 g	279%
Methionine	1.7 g	230%
Phenylalanine	2.5 g	192%
Threonine	5.3 g	333%
Tryptophan	1.4 g	349%
Tyrosine	2.3 g	179%
Valine	4.0 g	209%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.5 mg	314%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	41.3 mg	276%
Vitamin K	246.3 µg	274%

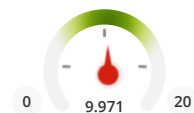
Minerals

Calcium	1569.0 mg	157%
Copper	2.0 mg	227%
Iron	18.3 mg	102%
Magnesium	651.0 mg	203%
Manganese	2.4 mg	133%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	232.8 µg	423%
Sodium	2649.0 mg	177%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

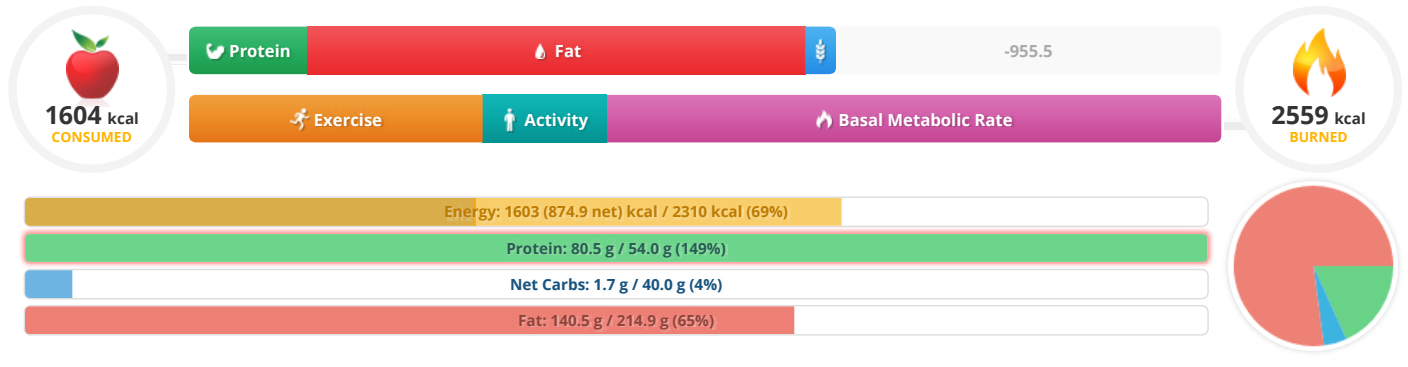


CALCIUM : MAGNESIUM

Diary for 2018 January 13, Saturday

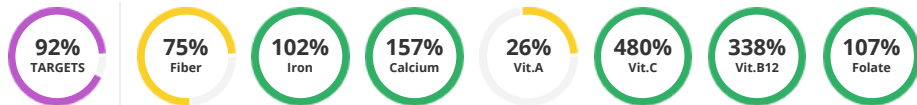
Description	Amount	Unit	Net Carbs (g)
 Harmons Neighborhood Grocer, Organic Chicken Broth		2 cup	0
 Fitbit Activity		0 minutes	
 Sleep (Fitbit)		8.47 hours	
 Keto Chow 2.0 - Salted Caramel	3	Scoop	1.71
 Avocado Oil (with ml)	1.5 ×	100 ml	0
 Ketones (Blood)	1.2	mmol/L	

Calories Summary



Nutrients for 2018 January 13, Saturday

Nutrient Targets



General

Energy	1603.5 kcal	69%
--------	-------------	-----

Carbohydrates

Carbs	20.5 g	32%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	140.5 g	65%
Monounsaturated	98.2 g	No Target
Polyunsaturated	18.8 g	No Target
Omega-3	1.2 g	109%
Omega-6	17.6 g	146%
Saturated	17.1 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	15.6 mg	n/a

Protein

Protein	80.5 g	149%
Cystine	2.3 g	299%
Histidine	1.3 g	117%
Isoleucine	4.9 g	322%
Leucine	8.4 g	252%
Lysine	8.4 g	279%
Methionine	1.7 g	230%
Phenylalanine	2.5 g	192%
Threonine	5.3 g	333%
Tryptophan	1.4 g	349%
Tyrosine	2.3 g	179%
Valine	4.0 g	209%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.5 mg	314%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	41.3 mg	276%
Vitamin K	246.3 µg	274%

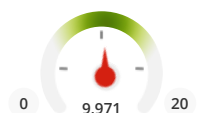
Minerals

Calcium	1569.0 mg	157%
Copper	2.0 mg	227%
Iron	18.3 mg	102%
Magnesium	651.0 mg	203%
Manganese	2.4 mg	133%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	232.8 µg	423%
Sodium	3791.4 mg	253%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

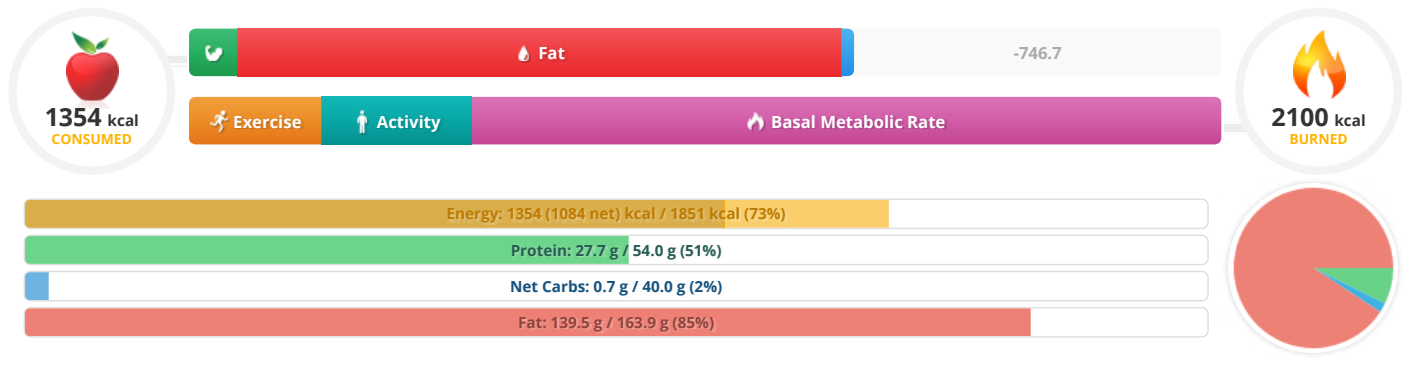


CALCIUM : MAGNESIUM

Diary for 2018 January 14, Sunday

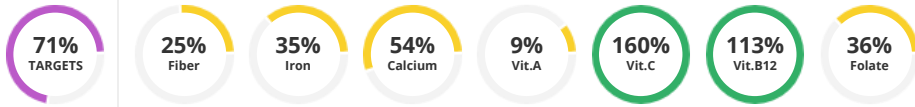
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		9.3 hours	
Weight (Nokia)	178.83	lbs	
Body Fat (Nokia)	39.71	%	
Keto Chow 2.0 - Salted Caramel	1	Scoop	0.57
Harmons Neighborhood Grocer, Organic Chicken Broth	1.5	cup	0
Diet A&w Cream Soda	1	can - each 12 fl oz	0
Ketones (Blood)	2.8	mmol/L	
Avocado Oil (with ml)	1.5	× 100 ml	0
White bread, store bought	0.25	g	0.12

Calories Summary



Nutrients for 2018 January 14, Sunday

Nutrient Targets



General		
Energy	1353.7 kcal	73%

Carbohydrates		
Carbs	7.0 g	11%
Fiber	6.3 g	25%
Starch	0.1 g	No Target
Sugars	0.6 g	No Target
Sugar Alcohol	0.0 g	0%

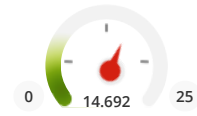
Lipids		
Fat	139.5 g	85%
Monounsaturated	97.7 g	No Target
Polyunsaturated	18.7 g	No Target
Omega-3	1.2 g	108%
Omega-6	17.4 g	145%
Saturated	16.5 g	n/a
Trans-Fats	0.0 g	0.000 g
Cholesterol	9.2 mg	n/a

Protein		
Protein	27.7 g	51%
Cystine	0.8 g	100%
Histidine	0.4 g	39%
Isoleucine	1.6 g	107%
Leucine	2.8 g	84%
Lysine	2.8 g	93%
Methionine	0.6 g	77%
Phenylalanine	0.8 g	64%
Threonine	1.8 g	111%
Tryptophan	0.5 g	117%
Tyrosine	0.8 g	60%
Valine	1.3 g	70%

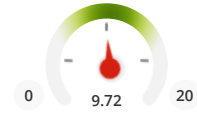
Vitamins		
B1 (Thiamine)	0.7 mg	64%
B2 (Riboflavin)	1.2 mg	105%
B3 (Niacin)	7.0 mg	50%
B5 (Pantothenic Acid)	4.9 mg	98%
B6 (Pyridoxine)	0.9 mg	66%
B12 (Cobalamin)	2.7 µg	113%
Folate	143.3 µg	36%
Vitamin A	200.0 IU	9%
Vitamin C	120.0 mg	160%
Vitamin D	800.0 IU	133%
Vitamin E	25.3 mg	169%
Vitamin K	166.3 µg	185%

Minerals		
Calcium	537.8 mg	54%
Copper	0.7 mg	80%
Iron	6.3 mg	35%
Magnesium	220.7 mg	69%
Manganese	0.9 mg	48%
Phosphorus	358.8 mg	51%
Potassium	1635.5 mg	35%
Selenium	78.0 µg	142%
Sodium	1841.0 mg	123%
Zinc	7.0 mg	87%

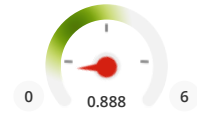
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

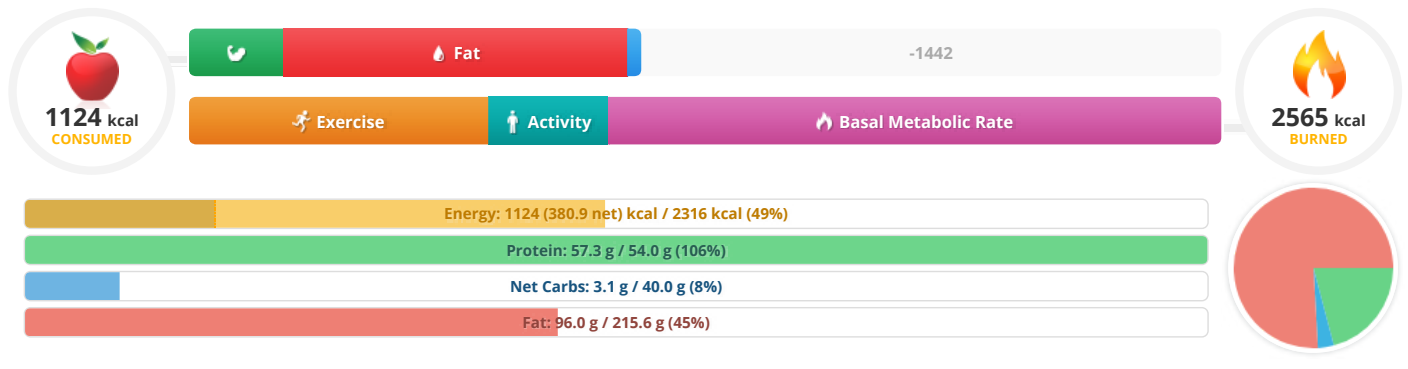


CALCIUM : MAGNESIUM

Diary for 2018 January 15, Monday

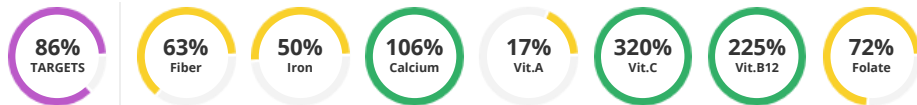
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		24 minutes	
Sleep (Fitbit)		7.7 hours	
Weight (Nokia)	178.08	lbs	
Body Fat (Nokia)	40.09	%	
Keto Chow, V2.0.1, Chocolate Peanut Butter	1	Scoop	2.5
Keto Chow 2.0 - Salted Caramel	1	Scoop	0.57
Avocado Oil (with ml)	1	× 100 ml	0
Ketones (Blood)	3.8	mmol/L	
Mtn Dew, Diet Soda	2	can	0

Calories Summary



Nutrients for 2018 January 15, Monday

Nutrient Targets



General

Energy	1123.6 kcal	49%
--------	-------------	-----

Carbohydrates

Carbs	18.8 g	29%
Fiber	15.7 g	63%
Starch	0.0 g	No Target
Sugars	1.6 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	96.0 g	44%
Monounsaturated	65.4 g	No Target
Polyunsaturated	12.5 g	No Target
Omega-3	0.8 g	73%
Omega-6	11.7 g	98%
Saturated	11.8 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	4.0 mg	n/a

Protein

Protein	57.3 g	106%
Cystine	1.5 g	199%
Histidine	0.9 g	78%
Isoleucine	3.2 g	215%
Leucine	5.6 g	168%
Lysine	5.6 g	186%
Methionine	1.2 g	153%
Phenylalanine	1.7 g	128%
Threonine	3.5 g	222%
Tryptophan	0.9 g	233%
Tyrosine	1.6 g	119%
Valine	2.7 g	140%

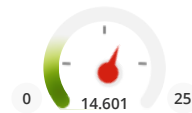
Vitamins

B1 (Thiamine)	1.4 mg	127%
B2 (Riboflavin)	2.3 mg	209%
B3 (Niacin)	14.0 mg	100%
B5 (Pantothenic Acid)	9.8 mg	196%
B6 (Pyridoxine)	1.7 mg	132%
B12 (Cobalamin)	5.4 µg	225%
Folate	286.0 µg	72%
Vitamin A	400.0 IU	17%
Vitamin C	240.0 mg	320%
Vitamin D	1600.0 IU	267%
Vitamin E	27.6 mg	184%
Vitamin K	164.2 µg	182%

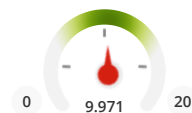
Minerals

Calcium	1063.0 mg	106%
Copper	1.4 mg	151%
Iron	9.0 mg	50%
Magnesium	434.0 mg	136%
Manganese	1.6 mg	89%
Phosphorus	638.0 mg	91%
Potassium	3467.0 mg	74%
Selenium	155.2 µg	282%
Sodium	1872.0 mg	125%
Zinc	13.6 mg	170%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

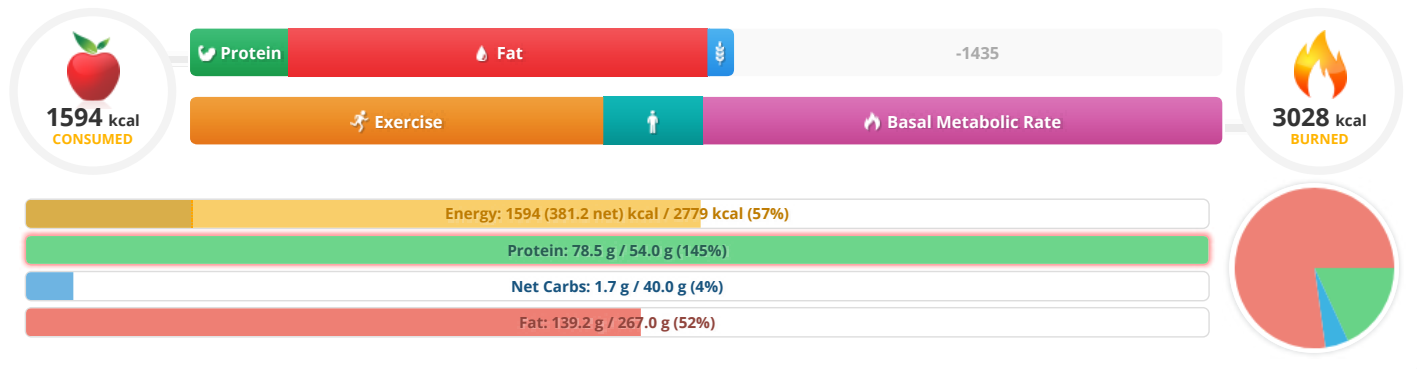


CALCIUM : MAGNESIUM

Diary for 2018 January 16, Tuesday

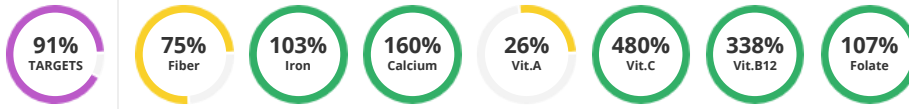
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		46 minutes	
Sleep (Fitbit)		8.63 hours	
Weight (Nokia)		174.75 lbs	
Body Fat (Nokia)		40.37 %	
Keto Chow 2.0 - Salted Caramel		2 Scoop	1.14
Avocado Oil (with ml)		1.5 × 100 ml	0
Keto Chow 2.0 - Cookies and Cream		1 Scoop	0.57
Mtn Dew, Diet Soda		1 can	0
Diet Coke, fountain		24 fl oz	0
Ketones (Blood)		2 mmol/L	

Calories Summary



Nutrients for 2018 January 16, Tuesday

Nutrient Targets



General

Energy	1593.9 kcal	57%
--------	-------------	-----

Carbohydrates

Carbs	20.5 g	32%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	139.2 g	52%
Monounsaturated	98.2 g	No Target
Polyunsaturated	18.8 g	No Target
Omega-3	1.2 g	109%
Omega-6	17.6 g	146%
Saturated	16.7 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	6.0 mg	n/a

Protein

Protein	78.5 g	145%
Cystine	2.3 g	299%
Histidine	1.3 g	117%
Isoleucine	4.9 g	322%
Leucine	8.4 g	252%
Lysine	8.4 g	279%
Methionine	1.7 g	230%
Phenylalanine	2.5 g	192%
Threonine	5.3 g	333%
Tryptophan	1.4 g	349%
Tyrosine	2.3 g	179%
Valine	4.0 g	209%

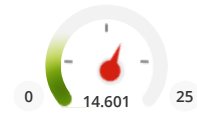
Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.6 mg	327%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	41.3 mg	276%
Vitamin K	246.3 µg	274%

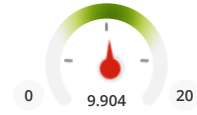
Minerals

Calcium	1597.4 mg	160%
Copper	2.1 mg	235%
Iron	18.5 mg	103%
Magnesium	658.1 mg	206%
Manganese	3.2 mg	176%
Phosphorus	1013.8 mg	145%
Potassium	4955.0 mg	105%
Selenium	233.5 µg	425%
Sodium	2727.4 mg	182%
Zinc	20.9 mg	262%

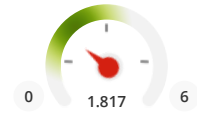
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

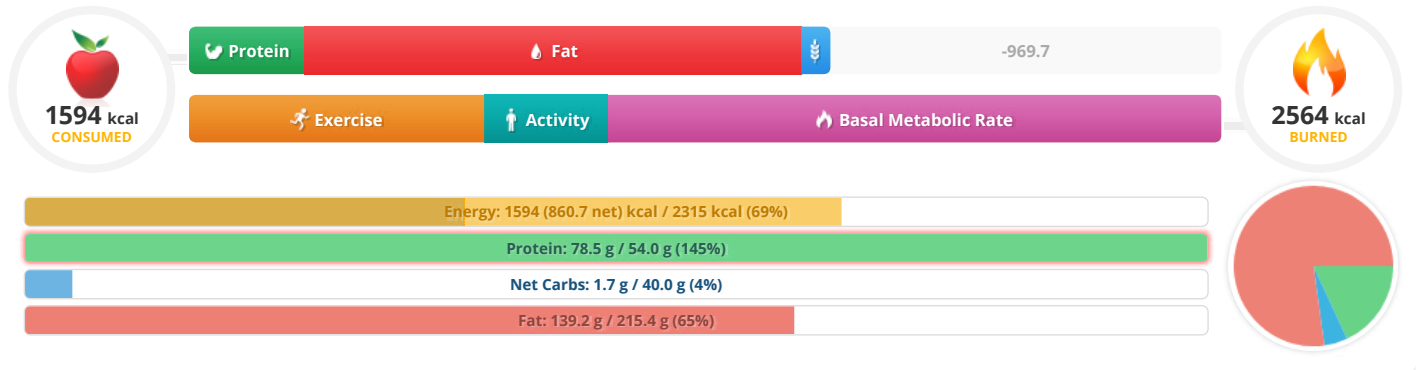


CALCIUM : MAGNESIUM

Diary for 2018 January 17, Wednesday

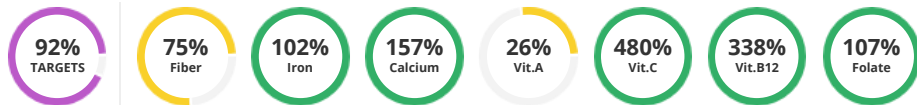
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		7.47 hours	
Weight (Nokia)		176.52 lbs	
Body Fat (Nokia)		40.25 %	
Keto Chow 2.0, Banana		3 Scoop	1.71
Avocado Oil (with ml)		1.5 × 100 ml	0
Ketones (Blood)		2.2 mmol/L	

Calories Summary



Nutrients for 2018 January 17, Wednesday

Nutrient Targets



General

Energy	1593.9 kcal	69%
--------	-------------	-----

Carbohydrates

Carbs	20.5 g	32%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	139.2 g	65%
Monounsaturated	98.2 g	No Target
Polyunsaturated	18.8 g	No Target
Omega-3	1.2 g	109%
Omega-6	17.6 g	146%
Saturated	16.7 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	6.0 mg	n/a

Protein

Protein	78.5 g	145%
Cystine	2.3 g	299%
Histidine	1.3 g	117%
Isoleucine	4.9 g	322%
Leucine	8.4 g	252%
Lysine	8.4 g	279%
Methionine	1.7 g	230%
Phenylalanine	2.5 g	192%
Threonine	5.3 g	333%
Tryptophan	1.4 g	349%
Tyrosine	2.3 g	179%
Valine	4.0 g	209%

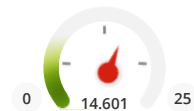
Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.5 mg	314%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	41.3 mg	276%
Vitamin K	246.3 µg	274%

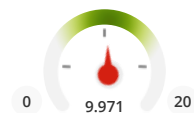
Minerals

Calcium	1569.0 mg	157%
Copper	2.0 mg	227%
Iron	18.3 mg	102%
Magnesium	651.0 mg	203%
Manganese	2.4 mg	133%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	232.8 µg	423%
Sodium	2649.0 mg	177%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

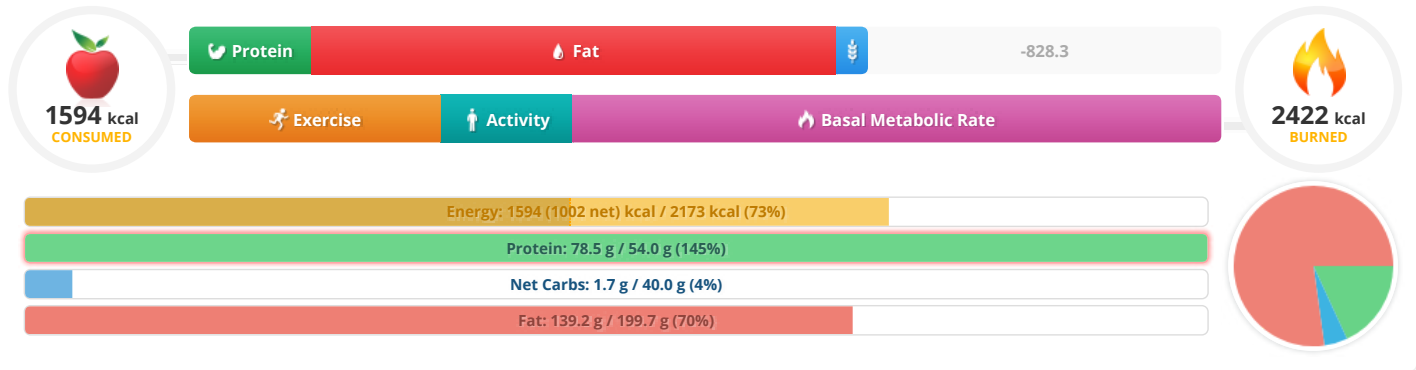


CALCIUM : MAGNESIUM

Diary for 2018 January 18, Thursday

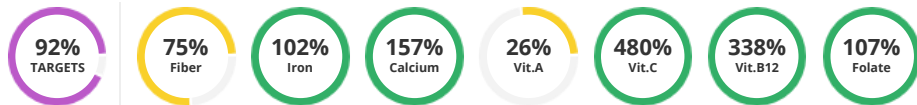
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)		174.97 lbs	
Body Fat (Nokia)		39.58 %	
Sleep (Fitbit)		1 hours	
Keto Chow 2.0, Banana		3 Scoop	1.71
Avocado Oil (with ml)		1.5 × 100 ml	0
Mtn Dew, Diet Soda		1 can	0
Ketones (Blood)		1.5 mmol/L	

Calories Summary



Nutrients for 2018 January 18, Thursday

Nutrient Targets



General

Energy	1593.9 kcal	73%
--------	-------------	-----

Carbohydrates

Carbs	20.5 g	32%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	139.2 g	70%
Monounsaturated	98.2 g	No Target
Polyunsaturated	18.8 g	No Target
Omega-3	1.2 g	109%
Omega-6	17.6 g	146%
Saturated	16.7 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	6.0 mg	n/a

Protein

Protein	78.5 g	145%
Cystine	2.3 g	299%
Histidine	1.3 g	117%
Isoleucine	4.9 g	322%
Leucine	8.4 g	252%
Lysine	8.4 g	279%
Methionine	1.7 g	230%
Phenylalanine	2.5 g	192%
Threonine	5.3 g	333%
Tryptophan	1.4 g	349%
Tyrosine	2.3 g	179%
Valine	4.0 g	209%

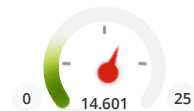
Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.5 mg	314%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	600.0 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	41.3 mg	276%
Vitamin K	246.3 µg	274%

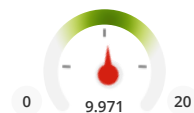
Minerals

Calcium	1569.0 mg	157%
Copper	2.0 mg	227%
Iron	18.3 mg	102%
Magnesium	651.0 mg	203%
Manganese	2.4 mg	133%
Phosphorus	957.0 mg	137%
Potassium	4884.0 mg	104%
Selenium	232.8 µg	423%
Sodium	2699.0 mg	180%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

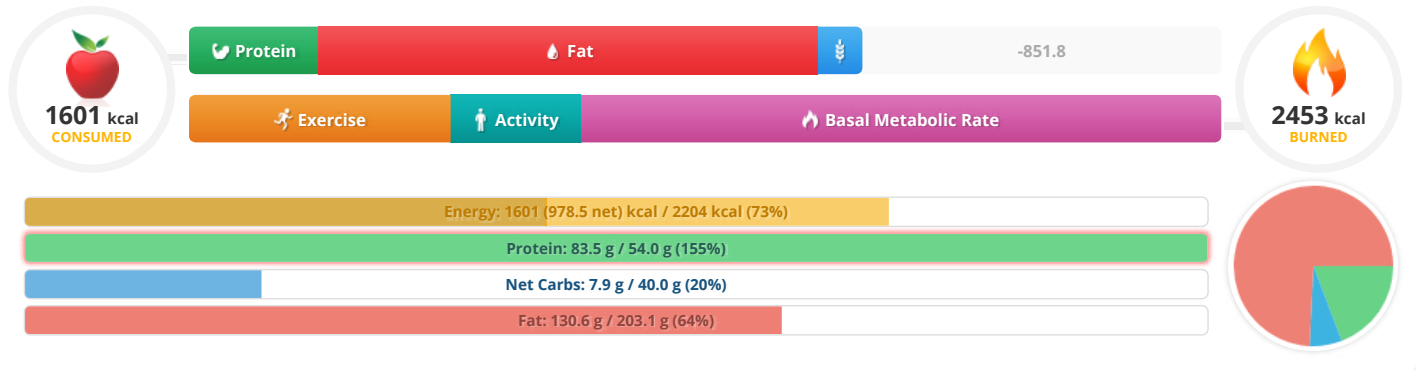


CALCIUM : MAGNESIUM

Diary for 2018 January 19, Friday

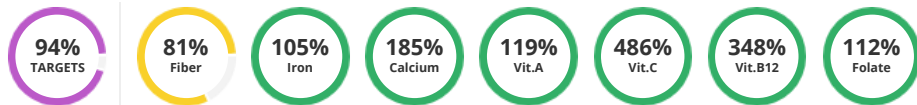
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		7.83 hours	
Dill Pickles	4	small - approx 2" long	2.09
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Avocado Oil (with ml)	0.75	× 100 ml	0
Keto Chow 2.0, Banana	3	Scoop	1.71
Mtn Dew, Diet Soda	3	can	0
Ketones (Blood)	1.4	mmol/L	

Calories Summary



Nutrients for 2018 January 19, Friday

Nutrient Targets



General

Energy	1600.7 kcal	73%
--------	-------------	-----

Carbohydrates

Carbs	28.2 g	43%
Fiber	20.3 g	81%
Starch	0.5 g	No Target
Sugars	7.6 g	No Target
Sugar Alcohol	0.1 g	2%

Lipids

Fat	130.6 g	64%
Monounsaturated	63.1 g	No Target
Polyunsaturated	12.0 g	No Target
Omega-3	0.9 g	86%
Omega-6	10.4 g	86%
Saturated	48.8 g	48.796 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	83.5 g	155%
Cystine	2.3 g	303%
Histidine	1.4 g	127%
Isoleucine	5.1 g	338%
Leucine	8.8 g	264%
Lysine	8.7 g	286%
Methionine	1.8 g	244%
Phenylalanine	2.7 g	209%
Threonine	5.5 g	346%
Tryptophan	1.5 g	376%
Tyrosine	2.6 g	195%
Valine	4.3 g	224%

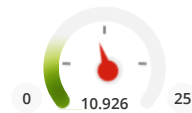
Vitamins

B1 (Thiamine)	2.2 mg	200%
B2 (Riboflavin)	3.8 mg	347%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	15.7 mg	315%
B6 (Pyridoxine)	2.7 mg	206%
B12 (Cobalamin)	8.3 µg	348%
Folate	446.8 µg	112%
Vitamin A	2785.0 IU	119%
Vitamin C	364.3 mg	486%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	213.6 µg	237%

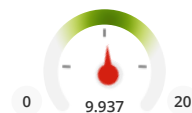
Minerals

Calcium	1853.4 mg	185%
Copper	2.1 mg	233%
Iron	18.8 mg	105%
Magnesium	671.9 mg	210%
Manganese	2.5 mg	139%
Phosphorus	1067.7 mg	153%
Potassium	5207.2 mg	111%
Selenium	237.3 µg	431%
Sodium	4046.3 mg	270%
Zinc	20.9 mg	261%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

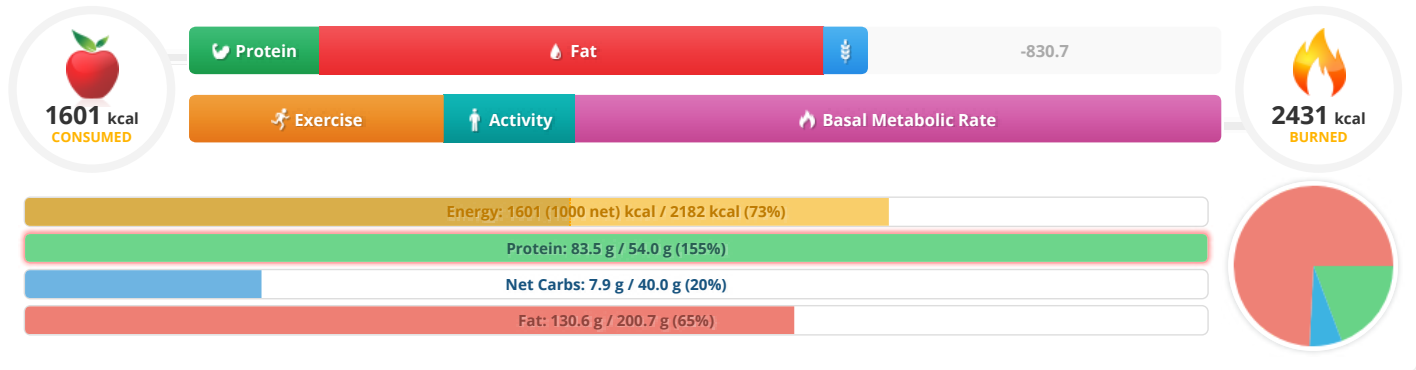


CALCIUM : MAGNESIUM

Diary for 2018 January 20, Saturday

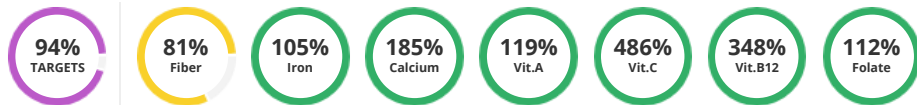
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		8.2 hours	
Weight (Nokia)	177.62	lbs	
Dill Pickles	4	small - approx 2" long	2.09
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Avocado Oil (with ml)	0.75	× 100 ml	0
Keto Chow 2.0, Banana	3	Scoop	1.71
Mtn Dew, Diet Soda	3	can	0
Ketones (Blood)	0.7	mmol/L	

Calories Summary



Nutrients for 2018 January 20, Saturday

Nutrient Targets



General

Energy	1600.7 kcal	73%
--------	-------------	-----

Carbohydrates

Carbs	28.2 g	43%
Fiber	20.3 g	81%
Starch	0.5 g	No Target
Sugars	7.6 g	No Target
Sugar Alcohol	0.1 g	2%

Lipids

Fat	130.6 g	65%
Monounsaturated	63.1 g	No Target
Polyunsaturated	12.0 g	No Target
Omega-3	0.9 g	86%
Omega-6	10.4 g	86%
Saturated	48.8 g	48.796 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	83.5 g	155%
Cystine	2.3 g	303%
Histidine	1.4 g	127%
Isoleucine	5.1 g	338%
Leucine	8.8 g	264%
Lysine	8.7 g	286%
Methionine	1.8 g	244%
Phenylalanine	2.7 g	209%
Threonine	5.5 g	346%
Tryptophan	1.5 g	376%
Tyrosine	2.6 g	195%
Valine	4.3 g	224%

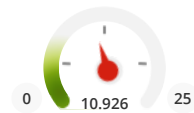
Vitamins

B1 (Thiamine)	2.2 mg	200%
B2 (Riboflavin)	3.8 mg	347%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	15.7 mg	315%
B6 (Pyridoxine)	2.7 mg	206%
B12 (Cobalamin)	8.3 µg	348%
Folate	446.8 µg	112%
Vitamin A	2785.0 IU	119%
Vitamin C	364.3 mg	486%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	213.6 µg	237%

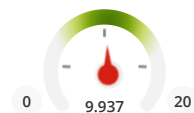
Minerals

Calcium	1853.4 mg	185%
Copper	2.1 mg	233%
Iron	18.8 mg	105%
Magnesium	671.9 mg	210%
Manganese	2.5 mg	139%
Phosphorus	1067.7 mg	153%
Potassium	5207.2 mg	111%
Selenium	237.3 µg	431%
Sodium	4046.3 mg	270%
Zinc	20.9 mg	261%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

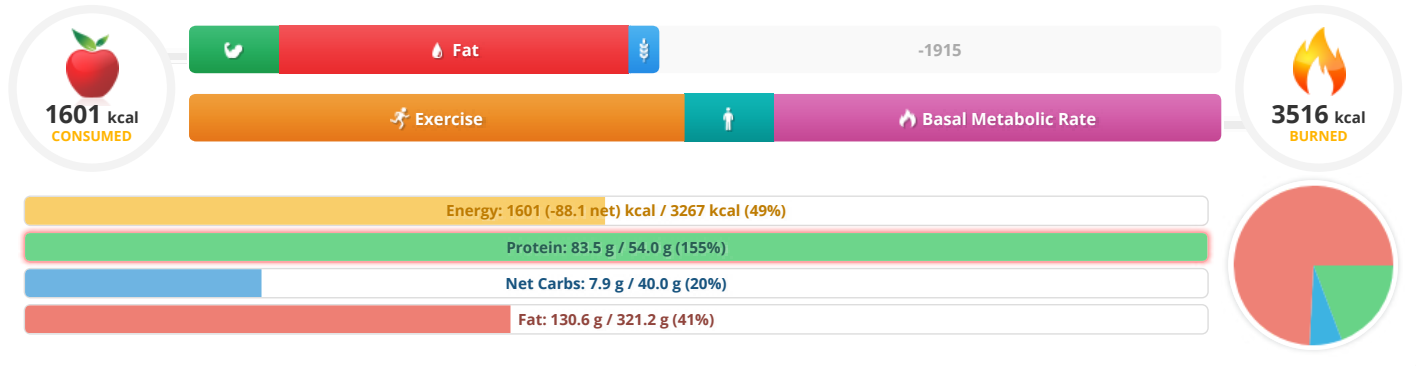


CALCIUM : MAGNESIUM

Diary for 2018 January 21, Sunday

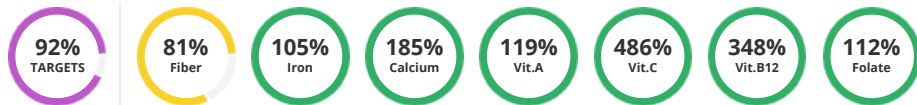
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		11 minutes	
Fitbit Activity		0 minutes	
Fitbit Activity		0 minutes	
Weight (Nokia)	175.78	lbs	
Body Fat (Nokia)	39.45	%	
Sleep (Fitbit)	9.02	hours	
Dill Pickles	4	small - approx 2" long	2.09
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Avocado Oil (with ml)	0.75	× 100 ml	0
Keto Chow 2.0, Banana	3	Scoop	1.71
Mtn Dew, Diet Soda	3	can	0
Ketones (Blood)	1.5	mmol/L	

Calories Summary



Nutrients for 2018 January 21, Sunday

Nutrient Targets



General

Energy	1600.7 kcal	49%
--------	-------------	-----

Carbohydrates

Carbs	28.2 g	43%
Fiber	20.3 g	81%
Starch	0.5 g	No Target
Sugars	7.6 g	No Target
Sugar Alcohol	0.1 g	2%

Lipids

Fat	130.6 g	41%
Monounsaturated	63.1 g	No Target
Polyunsaturated	12.0 g	No Target
Omega-3	0.9 g	86%
Omega-6	10.4 g	86%
Saturated	48.8 g	48.796 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	83.5 g	155%
Cystine	2.3 g	303%
Histidine	1.4 g	127%
Isoleucine	5.1 g	338%
Leucine	8.8 g	264%
Lysine	8.7 g	286%
Methionine	1.8 g	244%
Phenylalanine	2.7 g	209%
Threonine	5.5 g	346%
Tryptophan	1.5 g	376%
Tyrosine	2.6 g	195%
Valine	4.3 g	224%

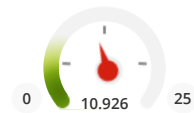
Vitamins

B1 (Thiamine)	2.2 mg	200%
B2 (Riboflavin)	3.8 mg	347%
B3 (Niacin)	21.2 mg	152%
B5 (Pantothenic Acid)	15.7 mg	315%
B6 (Pyridoxine)	2.7 mg	206%
B12 (Cobalamin)	8.3 µg	348%
Folate	446.8 µg	112%
Vitamin A	2785.0 IU	119%
Vitamin C	364.3 mg	486%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	213.6 µg	237%

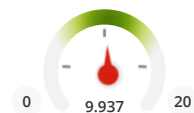
Minerals

Calcium	1853.4 mg	185%
Copper	2.1 mg	233%
Iron	18.8 mg	105%
Magnesium	671.9 mg	210%
Manganese	2.5 mg	139%
Phosphorus	1067.7 mg	153%
Potassium	5207.2 mg	111%
Selenium	237.3 µg	431%
Sodium	4046.3 mg	270%
Zinc	20.9 mg	261%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

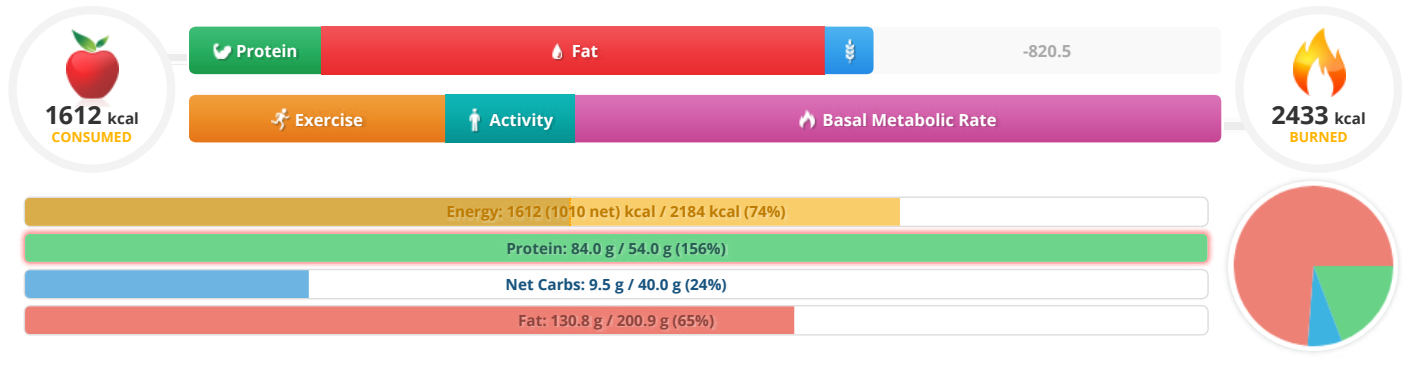


CALCIUM : MAGNESIUM

Diary for 2018 January 22, Monday

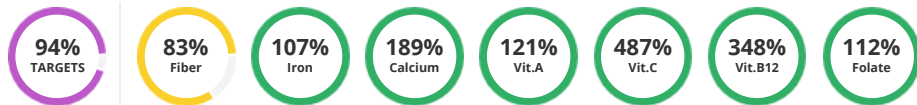
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Sleep (Fitbit)		6.1 hours	
Weight (Nokia)	174.14	lbs	
Body Fat (Nokia)	39.08	%	
Keto Chow 2.0 - Cookies and Cream	3	Scoop	1.71
Avocado Oil (with ml)	0.75	× 100 ml	0
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Ketones (Blood)	0.7	mmol/L	
Diet Coke	1	can - each 12 fl oz	1.03
Dill Pickles	5	small - approx 2" long	2.61

Calories Summary



Nutrients for 2018 January 22, Monday

Nutrient Targets



General

Energy	1612.2 kcal	74%
--------	-------------	-----

Carbohydrates

Carbs	30.1 g	46%
Fiber	20.6 g	83%
Starch	0.6 g	No Target
Sugars	8.0 g	No Target
Sugar Alcohol	0.2 g	2%

Lipids

Fat	130.8 g	65%
Monounsaturated	63.1 g	No Target
Polyunsaturated	12.0 g	No Target
Omega-3	1.0 g	89%
Omega-6	10.4 g	87%
Saturated	48.8 g	48.825 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	84.0 g	156%
Cystine	2.3 g	303%
Histidine	1.4 g	127%
Isoleucine	5.1 g	339%
Leucine	8.8 g	264%
Lysine	8.7 g	286%
Methionine	1.8 g	244%
Phenylalanine	2.7 g	209%
Threonine	5.5 g	347%
Tryptophan	1.5 g	377%
Tyrosine	2.6 g	195%
Valine	4.3 g	225%

Vitamins

B1 (Thiamine)	2.2 mg	203%
B2 (Riboflavin)	3.9 mg	356%
B3 (Niacin)	21.3 mg	152%
B5 (Pantothenic Acid)	15.8 mg	316%
B6 (Pyridoxine)	2.7 mg	207%
B12 (Cobalamin)	8.3 µg	348%
Folate	449.8 µg	112%
Vitamin A	2831.3 IU	121%
Vitamin C	365.2 mg	487%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	220.0 µg	244%

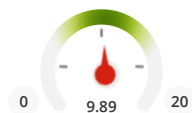
Minerals

Calcium	1885.1 mg	189%
Copper	2.1 mg	235%
Iron	19.3 mg	107%
Magnesium	678.0 mg	212%
Manganese	2.9 mg	161%
Phosphorus	1105.6 mg	158%
Potassium	5278.9 mg	112%
Selenium	237.3 µg	431%
Sodium	4224.1 mg	282%
Zinc	21.0 mg	262%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

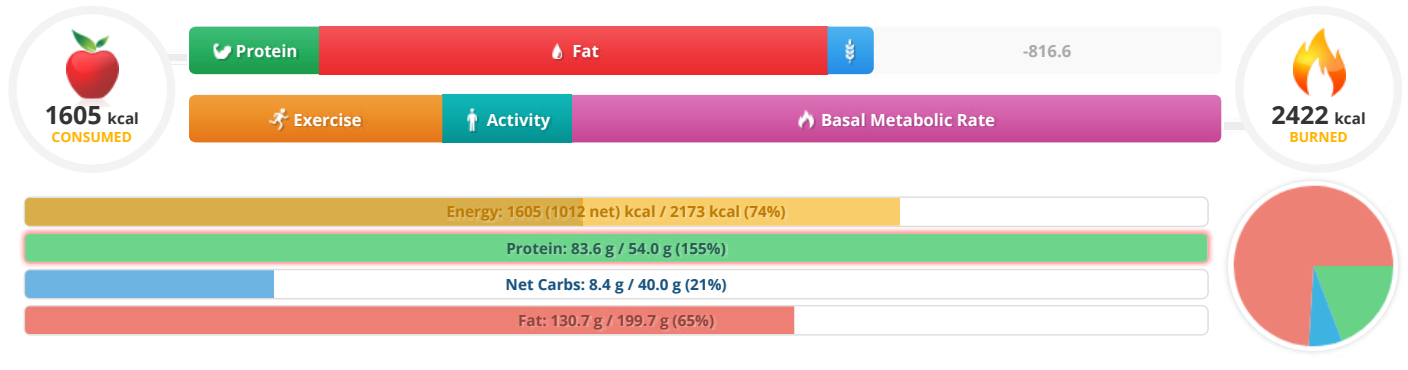


CALCIUM : MAGNESIUM

Diary for 2018 January 23, Tuesday

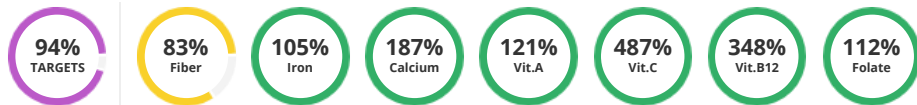
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		7 minutes	
Weight (Nokia)	175.38	lbs	
Sleep (Fitbit)	8.27	hours	
Weight (Nokia)	174.72	lbs	
Body Fat (Nokia)	38.77	%	
Ketones (Blood)	0.7	mmol/L	
Keto Chow 2.0 - Cookies and Cream	3	Scoop	1.71
Avocado Oil (with ml)	0.75	× 100 ml	0
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11
Dill Pickles	5	small - approx 2" long	2.61

Calories Summary



Nutrients for 2018 January 23, Tuesday

Nutrient Targets



General

Energy	1605.1 kcal	74%
--------	-------------	-----

Carbohydrates

Carbs	29.1 g	45%
Fiber	20.6 g	83%
Starch	0.6 g	No Target
Sugars	8.0 g	No Target
Sugar Alcohol	0.2 g	2%

Lipids

Fat	130.7 g	65%
Monounsaturated	63.1 g	No Target
Polyunsaturated	12.0 g	No Target
Omega-3	1.0 g	89%
Omega-6	10.4 g	87%
Saturated	48.8 g	48.825 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	83.6 g	155%
Cystine	2.3 g	303%
Histidine	1.4 g	127%
Isoleucine	5.1 g	339%
Leucine	8.8 g	264%
Lysine	8.7 g	286%
Methionine	1.8 g	244%
Phenylalanine	2.7 g	209%
Threonine	5.5 g	347%
Tryptophan	1.5 g	377%
Tyrosine	2.6 g	195%
Valine	4.3 g	225%

Vitamins

B1 (Thiamine)	2.2 mg	201%
B2 (Riboflavin)	3.8 mg	349%
B3 (Niacin)	21.3 mg	152%
B5 (Pantothenic Acid)	15.8 mg	316%
B6 (Pyridoxine)	2.7 mg	207%
B12 (Cobalamin)	8.3 µg	348%
Folate	449.8 µg	112%
Vitamin A	2831.3 IU	121%
Vitamin C	365.2 mg	487%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	220.0 µg	244%

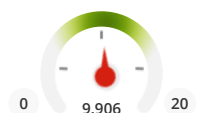
Minerals

Calcium	1874.5 mg	187%
Copper	2.1 mg	235%
Iron	18.9 mg	105%
Magnesium	674.5 mg	211%
Manganese	2.5 mg	140%
Phosphorus	1073.6 mg	153%
Potassium	5250.5 mg	112%
Selenium	237.3 µg	431%
Sodium	4195.7 mg	280%
Zinc	20.9 mg	261%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

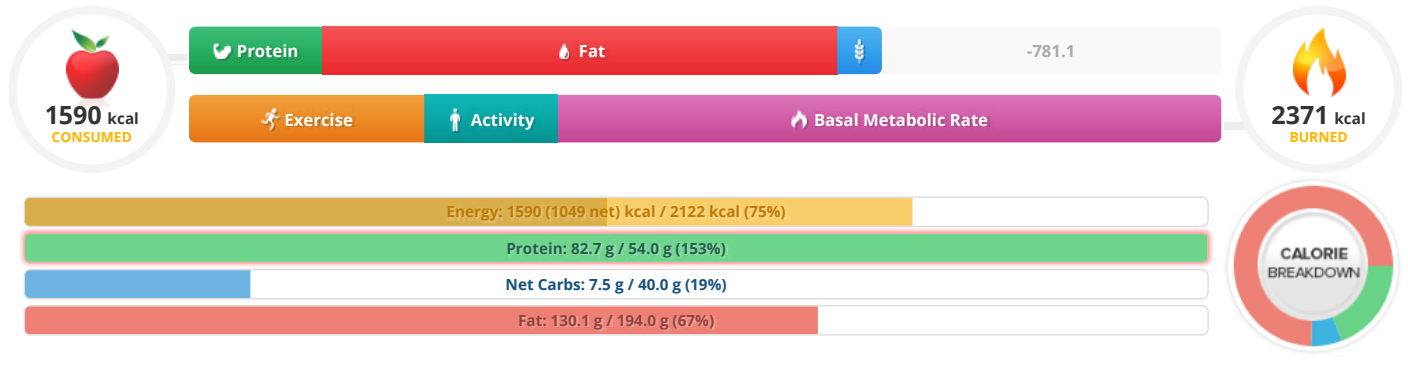


CALCIUM : MAGNESIUM

Diary for 2018 January 24, Wednesday

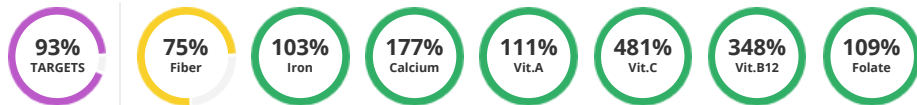
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)	174.96	lbs	
Body Fat (Nokia)	39.36	%	
Sleep (Fitbit)	7.8	hours	
Ketones (Blood)	0.6	mmol/L	
Breath mint	1	regular piece	1.67
Keto Chow 2.0 - Cookies and Cream	3	Scoop	1.71
Avocado Oil (with ml)	0.75	× 100 ml	0
Cream, fluid, heavy whipping Darigold 40%	150	ml	4.11

Calories Summary



Nutrients for 2018 January 24, Wednesday

Nutrient Targets



General

Energy	1589.6 kcal	75%
--------	-------------	-----

Carbohydrates

Carbs	26.3 g	40%
Fiber	18.8 g	75%
Starch	0.0 g	No Target
Sugars	7.1 g	No Target
Sugar Alcohol	0.0 g	0%

Lipids

Fat	130.1 g	67%
Monounsaturated	63.1 g	No Target
Polyunsaturated	11.8 g	No Target
Omega-3	0.8 g	77%
Omega-6	10.3 g	86%
Saturated	48.7 g	48.679 g
Trans-Fats	1.9 g	1.854 g
Cholesterol	256.0 mg	n/a

Protein

Protein	82.7 g	153%
Cystine	2.3 g	302%
Histidine	1.4 g	126%
Isoleucine	5.1 g	336%
Leucine	8.8 g	263%
Lysine	8.6 g	285%
Methionine	1.8 g	243%
Phenylalanine	2.7 g	207%
Threonine	5.5 g	345%
Tryptophan	1.5 g	374%
Tyrosine	2.6 g	194%
Valine	4.3 g	223%

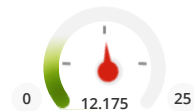
Vitamins

B1 (Thiamine)	2.1 mg	194%
B2 (Riboflavin)	3.7 mg	339%
B3 (Niacin)	21.1 mg	150%
B5 (Pantothenic Acid)	15.4 mg	309%
B6 (Pyridoxine)	2.6 mg	203%
B12 (Cobalamin)	8.3 µg	348%
Folate	435.0 µg	109%
Vitamin A	2600.0 IU	111%
Vitamin C	360.9 mg	481%
Vitamin D	2494.5 IU	416%
Vitamin E	34.1 mg	227%
Vitamin K	188.0 µg	209%

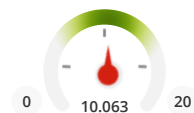
Minerals

Calcium	1769.1 mg	177%
Copper	2.1 mg	229%
Iron	18.5 mg	103%
Magnesium	661.6 mg	207%
Manganese	2.4 mg	134%
Phosphorus	1044.1 mg	149%
Potassium	5034.1 mg	107%
Selenium	237.3 µg	431%
Sodium	2699.6 mg	180%
Zinc	20.7 mg	259%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

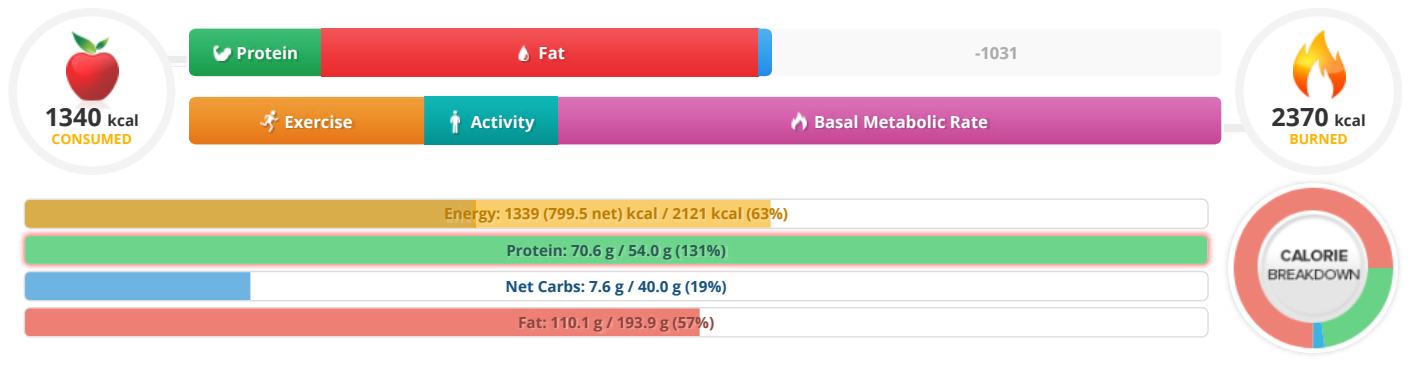


CALCIUM : MAGNESIUM

Diary for 2018 January 25, Thursday

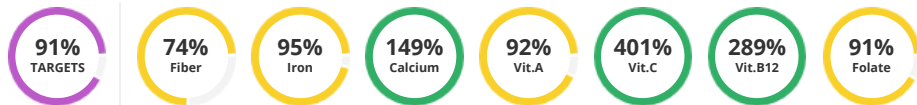
Description	Amount	Unit	Net Carbs (g)
Fitbit Activity		0 minutes	
Weight (Nokia)		173.9 lbs	
Body Fat (Nokia)		38.87 %	
Sleep (Fitbit)		7.32 hours	
Cream, fluid, heavy whipping Darigold 40%		120 ml	3.29
Keto Chow, 2.0, Chocolate		2.5 Scoop	4.35
Avocado Oil (with ml)		0.65 × 100 ml	0
Ketones (Blood)		0.9 mmol/L	

Calories Summary



Nutrients for 2018 January 25, Thursday

Nutrient Targets



General		
Energy	1339.5 kcal	63%

Carbohydrates		
Carbs	26.2 g	40%
Fiber	18.6 g	74%
Starch	0.0 g	No Target
Sugars	5.0 g	No Target
Sugar Alcohol	0.0 g	0%

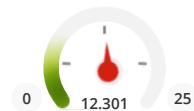
Lipids		
Fat	110.1 g	57%
Monounsaturated	54.3 g	No Target
Polyunsaturated	10.5 g	No Target
Omega-3	0.7 g	65%
Omega-6	8.8 g	74%
Saturated	40.3 g	40.274 g
Trans-Fats	1.5 g	1.483 g
Cholesterol	205.0 mg	n/a

Protein		
Protein	70.6 g	131%
Cystine	1.9 g	251%
Histidine	1.2 g	105%
Isoleucine	4.2 g	280%
Leucine	7.3 g	219%
Lysine	7.2 g	237%
Methionine	1.5 g	202%
Phenylalanine	2.3 g	172%
Threonine	4.6 g	287%
Tryptophan	1.2 g	311%
Tyrosine	2.1 g	161%
Valine	3.5 g	185%

Vitamins		
B1 (Thiamine)	1.8 mg	161%
B2 (Riboflavin)	4.2 mg	377%
B3 (Niacin)	17.6 mg	126%
B5 (Pantothenic Acid)	12.8 mg	257%
B6 (Pyridoxine)	2.1 mg	163%
B12 (Cobalamin)	6.9 µg	289%
Folate	364.8 µg	91%
Vitamin A	2157.5 IU	92%
Vitamin C	300.7 mg	401%
Vitamin D	2075.6 IU	346%
Vitamin E	28.6 mg	191%
Vitamin K	158.6 µg	176%

Minerals		
Calcium	1485.0 mg	149%
Copper	2.1 mg	231%
Iron	17.1 mg	95%
Magnesium	598.4 mg	187%
Manganese	2.4 mg	132%
Phosphorus	939.6 mg	134%
Potassium	4440.0 mg	94%
Selenium	198.6 µg	361%
Sodium	2250.0 mg	150%
Zinc	17.8 mg	222%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM