



## **cronometer.com detailed report**

### **2018 February 8**

**Name:** Female 2

**Age:** 46

**Sex:** Female

**Height:** 154.9 cm / 5' 1"

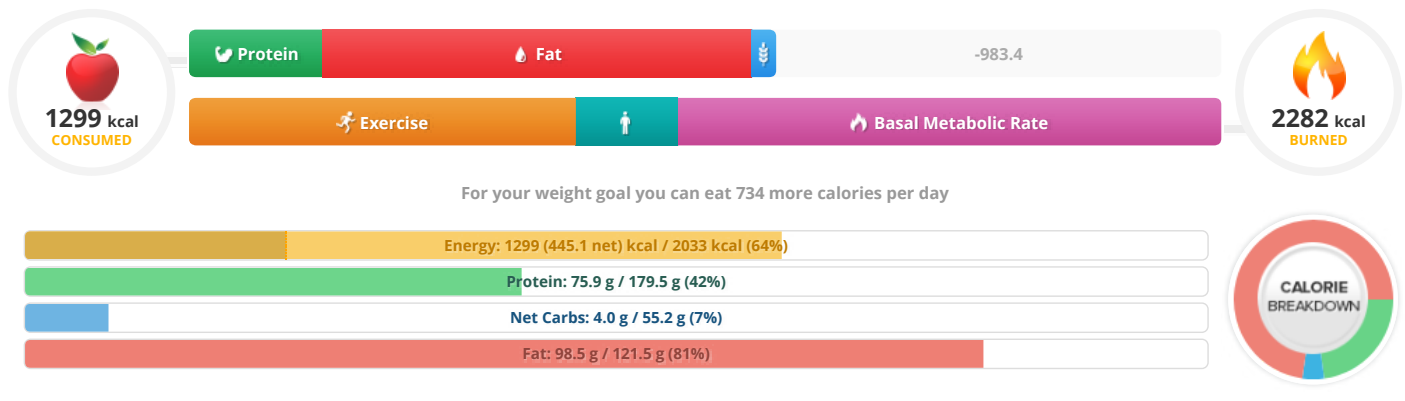
**Weight:** 65.2 kg / 143.8 lbs

**BMI:** 27.2

**BMR:** 1229.6 kcal

# Daily Average Nutrition Report 2018 January 1 to 2018 January 25

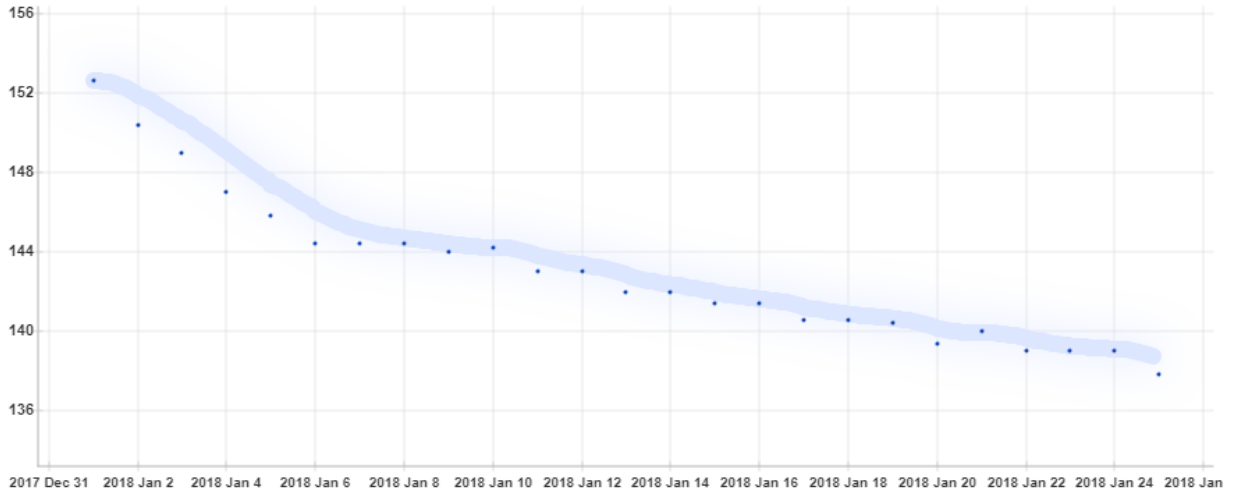
## Calories Summary



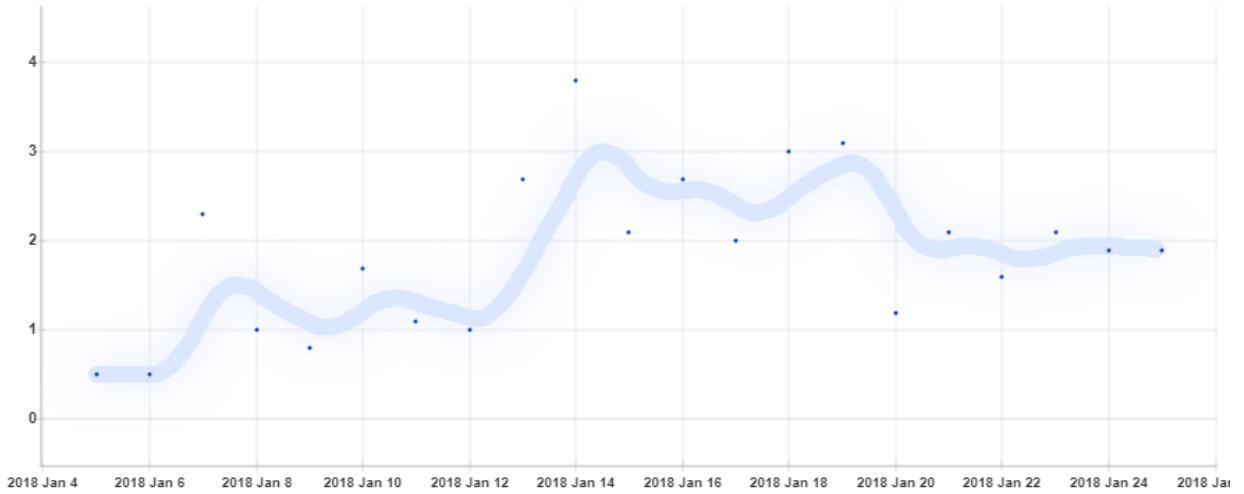
Carbohydrates			Vitamins			Nutrient Balances		
Carbs	22.9 g	29%	B1 (Thiamine)	2.0 mg	181%	0 0.437 25		
Fiber	19.0 g	76%	B2 (Riboflavin)	3.7 mg	340%	OMEGA-6 : OMEGA-3		
Net Carbs	4.0 g	7%	B3 (Niacin)	19.9 mg	142%	0 9.225 20		
Starch	0.0 g	No Target	B5 (Pantothenic Acid)	14.0 mg	280%	ZINC : COPPER		
Sugars	2.4 g	No Target	B6 (Pyridoxine)	2.4 mg	186%	0 1.761 6		
<b>Lipids</b>			B12 (Cobalamin)	7.7 µg	321%	POTASSIUM : SODIUM		
Fat	98.5 g	81%	Folate	408.0 µg	102%	0 2.368 6		
Monounsaturated	32.8 g	No Target	Vitamin A	2382.7 IU	102%	CALCIUM : MAGNESIUM		
Polyunsaturated	6.7 g	No Target	Vitamin C	341.9 mg	456%			
Omega-3	2.0 g	184%	Vitamin D	2285.5 IU	381%			
Omega-6	0.9 g	7%	Vitamin E	22.9 mg	153%			
Saturated	41.4 g	41.433 g	Vitamin K	114.3 µg	127%			
Trans-Fats	0.3 g	0.265 g	<b>Minerals</b>					
Cholesterol	234.6 mg	No Target	Calcium	1512.7 mg	151%			
<b>Protein</b>			Copper	2.1 mg	236%			
Protein	75.9 g	42%	Iron	18.1 mg	101%			
Cystine	2.1 g	346%	Magnesium	638.7 mg	200%			
Histidine	1.2 g	137%	Manganese	2.5 mg	136%			
Isoleucine	4.6 g	375%	Phosphorus	948.0 mg	135%			
Leucine	8.0 g	293%	Potassium	4748.9 mg	101%			
Lysine	8.0 g	323%	Selenium	221.4 µg	403%			
Methionine	1.7 g	268%	Sodium	2697.1 mg	180%			
Phenylalanine	2.4 g	225%	Zinc	19.6 mg	245%			
Threonine	5.1 g	387%	<b>General</b>					
Tryptophan	1.3 g	408%	Energy	1298.8 kcal	64%			
Tyrosine	2.3 g	209%	Alcohol	0.0 g	No Target			
Valine	3.8 g	244%	Caffeine	19.7 mg	No Target			
			Water	163.6 g	6%			

### Biometric Charts

Weight (lbs) from 2018 January 1 to 2018 January 25

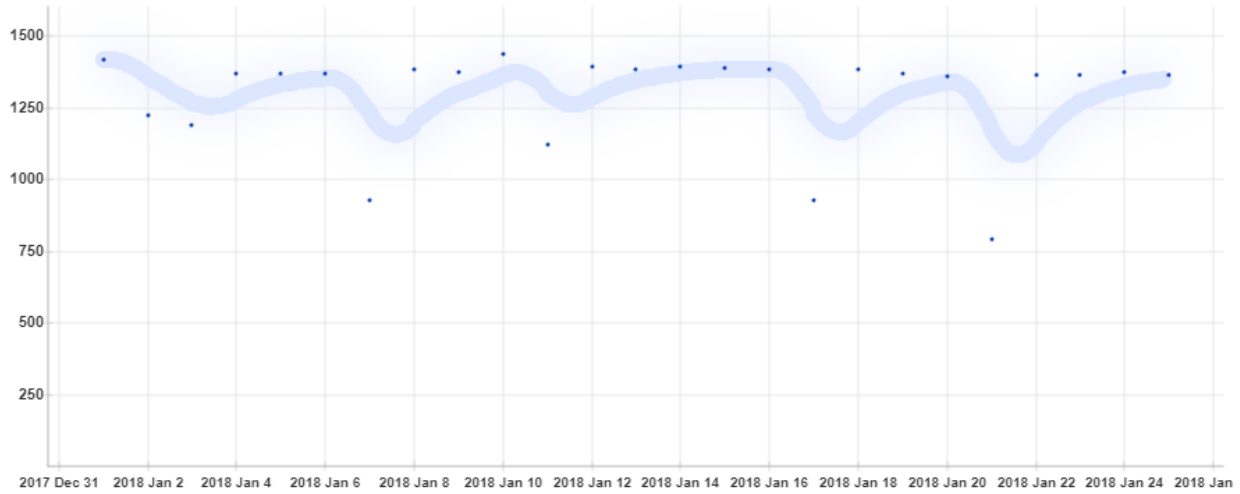


Ketones (Blood) (mmol/L) from 2018 January 1 to 2018 January 25

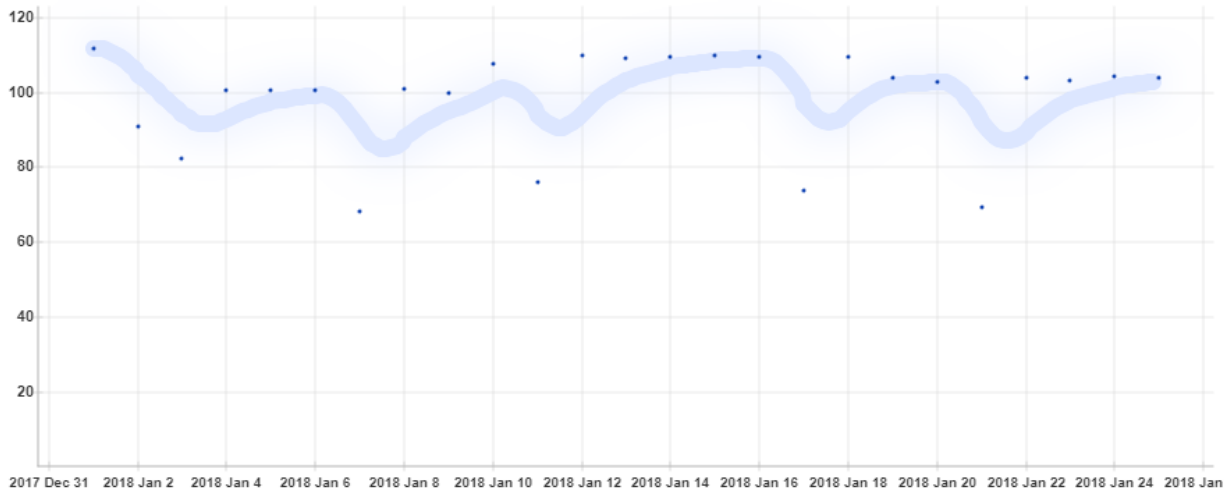


### Nutrient Charts

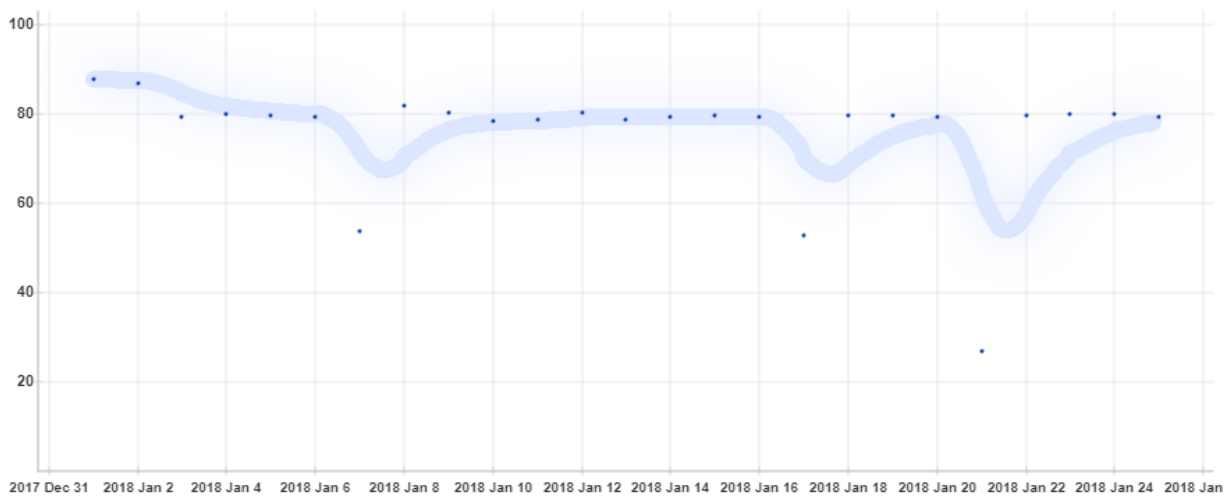
Energy (kcal) from 2018 January 1 to 2018 January 25



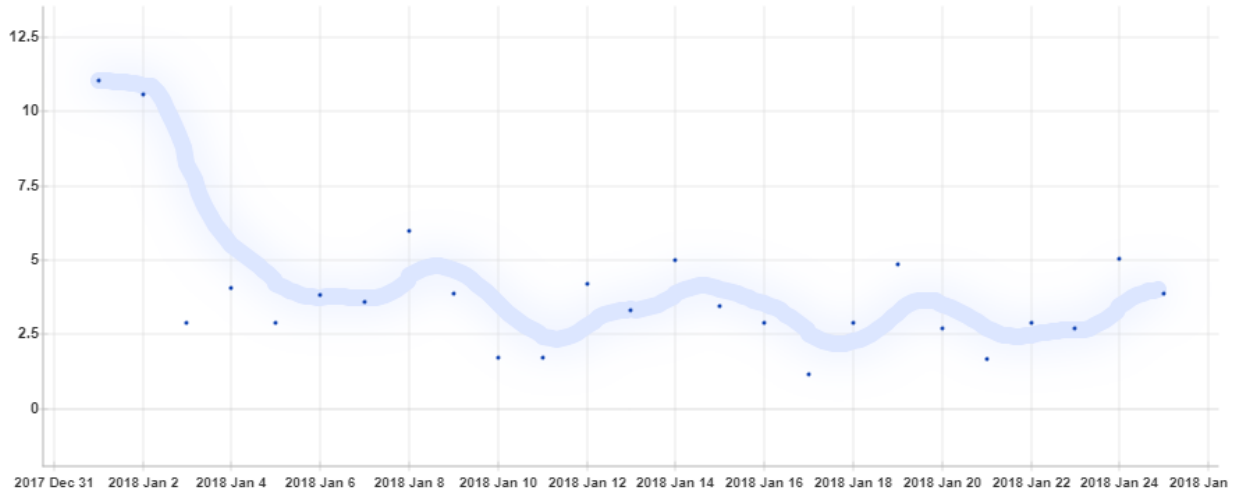
Fat (g) from 2018 January 1 to 2018 January 25



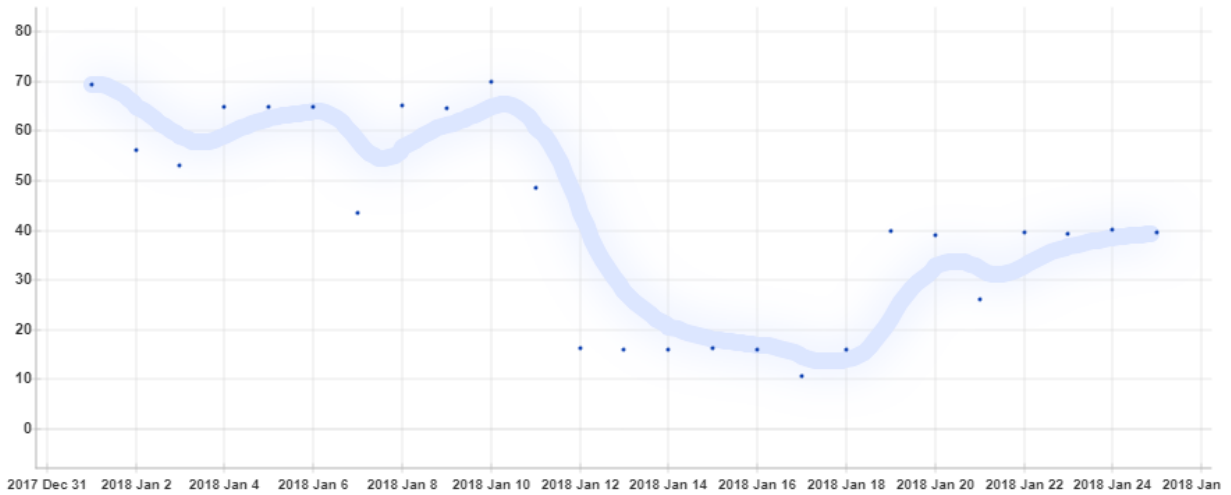
Protein (g) from 2018 January 1 to 2018 January 25



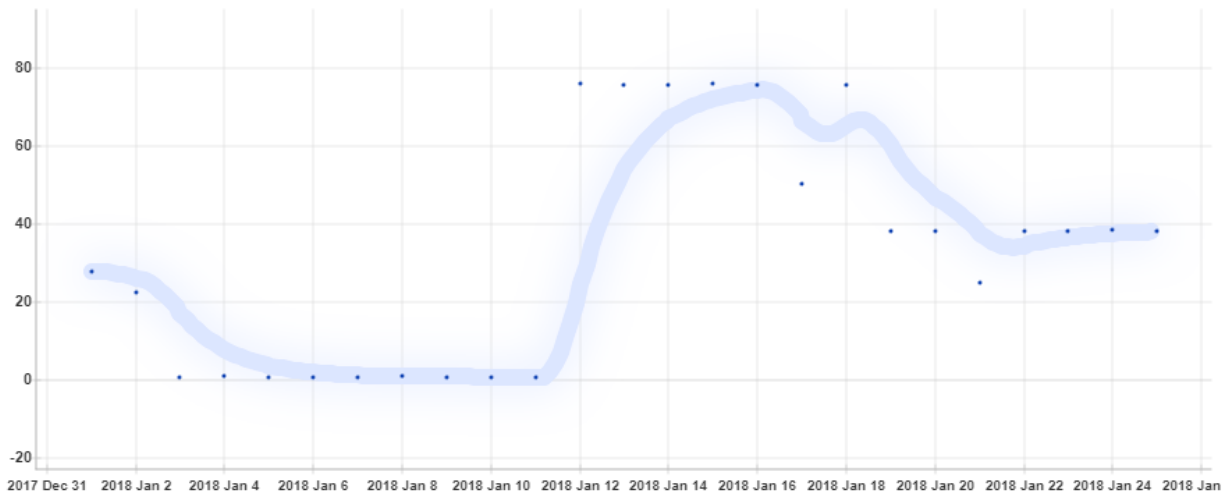
Net Carbs (g) from 2018 January 1 to 2018 January 25



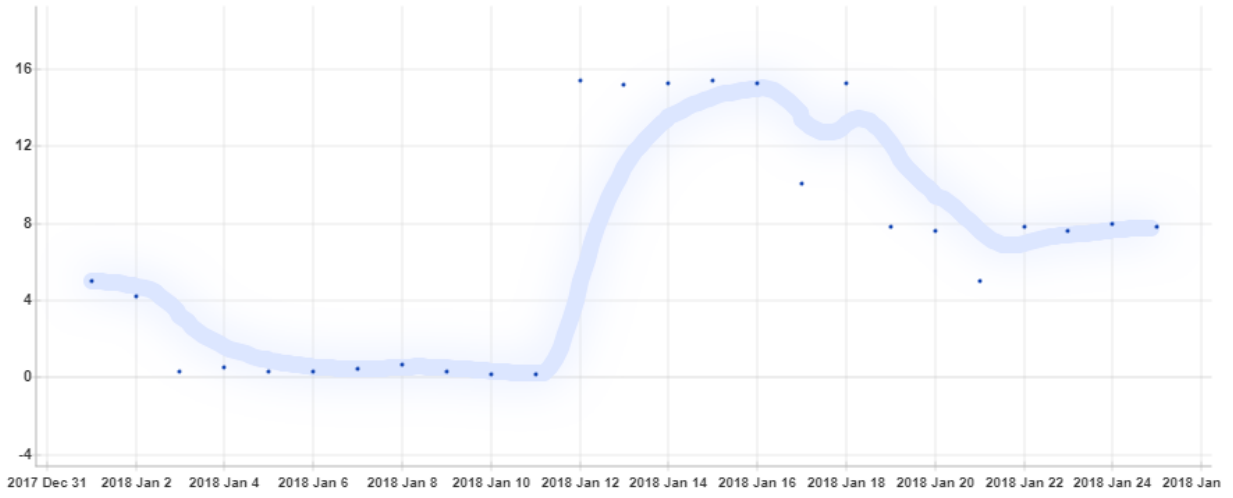
Saturated (g) from 2018 January 1 to 2018 January 25



Monounsaturated (g) from 2018 January 1 to 2018 January 25



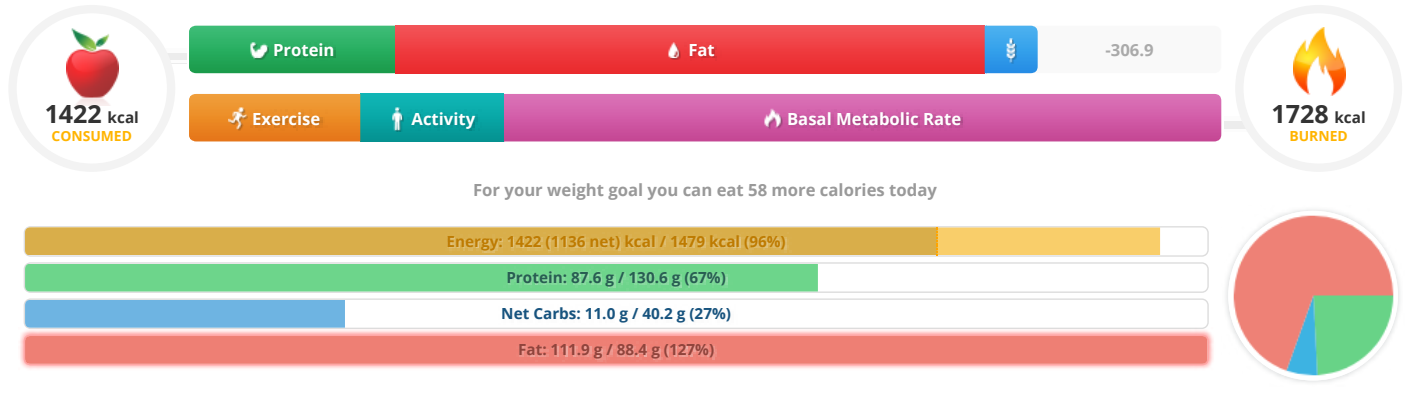
Polyunsaturated (g) from 2018 January 1 to 2018 January 25



### Diary for 2018 January 1, Monday

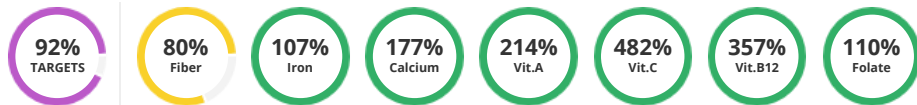
Description	Amount	Unit	Calories
 Keto Chow Fish Oil	1	× 2 Pills	30
 Fitbit Activity	0	minutes	-285.54
 Weight (Fitbit)	152.6	lbs	
 Body Fat (Fitbit)	25	%	
 Sleep (Fitbit)	8.8	hours	
 Pulse (Fitbit)	70	bpm	
 Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
 Cream, Fluid, Heavy Whipping	0.25	cup, fluid (yields 2 cups whipped)	202.3
 Keto Chow 2.0 - Vanilla	1	Scoop	124
 Cream, Fluid, Heavy Whipping	0.5	cup, fluid (yields 2 cups whipped)	404.6
 Keto Chow, 2.0, Chocolate	1	Scoop	132
 Cream, Fluid, Heavy Whipping	0.5	cup, fluid (yields 2 cups whipped)	404.6

#### Calories Summary



### Nutrients for 2018 January 1, Monday

Nutrient Targets



General		
Energy	1421.5 kcal	96%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	172.0 g	6%

Carbohydrates		
Carbs	31.0 g	48%
Fiber	20.0 g	80%
Net Carbs	11.0 g	28%
Starch	0.0 g	No Target
Sugars	10.4 g	No Target

Lipids		
Fat	111.9 g	127%
Monounsaturated	27.9 g	No Target
Polyunsaturated	5.0 g	No Target
Omega-3	2.4 g	222%
Omega-6	3.0 g	25%
Saturated	69.5 g	69.520 g
Trans-Fats	3.7 g	3.677 g
Cholesterol	362.2 mg	No Target

Protein		
Protein	87.6 g	67%
Cystine	2.3 g	372%
Histidine	1.5 g	164%
Isoleucine	5.3 g	428%
Leucine	9.1 g	333%
Lysine	8.8 g	355%
Methionine	1.9 g	312%
Phenylalanine	2.9 g	270%
Threonine	5.7 g	436%
Tryptophan	1.6 g	487%
Tyrosine	2.7 g	255%
Valine	4.5 g	288%

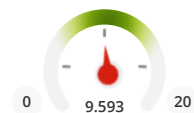
Vitamins		
B1 (Thiamine)	2.2 mg	196%
B2 (Riboflavin)	4.4 mg	403%
B3 (Niacin)	21.2 mg	151%
B5 (Pantothenic Acid)	16.2 mg	323%
B6 (Pyridoxine)	2.7 mg	204%
B12 (Cobalamin)	8.6 µg	357%
Folate	441.9 µg	110%
Vitamin A	4996.3 IU	214%
Vitamin C	361.8 mg	482%
Vitamin D	2587.4 IU	431%
Vitamin E	26.7 mg	178%
Vitamin K	129.5 µg	144%

Minerals		
Calcium	1772.4 mg	177%
Copper	2.2 mg	247%
Iron	19.3 mg	107%
Magnesium	690.8 mg	216%
Manganese	2.6 mg	143%
Phosphorus	1158.6 mg	166%
Potassium	5266.6 mg	112%
Selenium	242.1 µg	440%
Sodium	2730.3 mg	182%
Zinc	21.3 mg	266%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



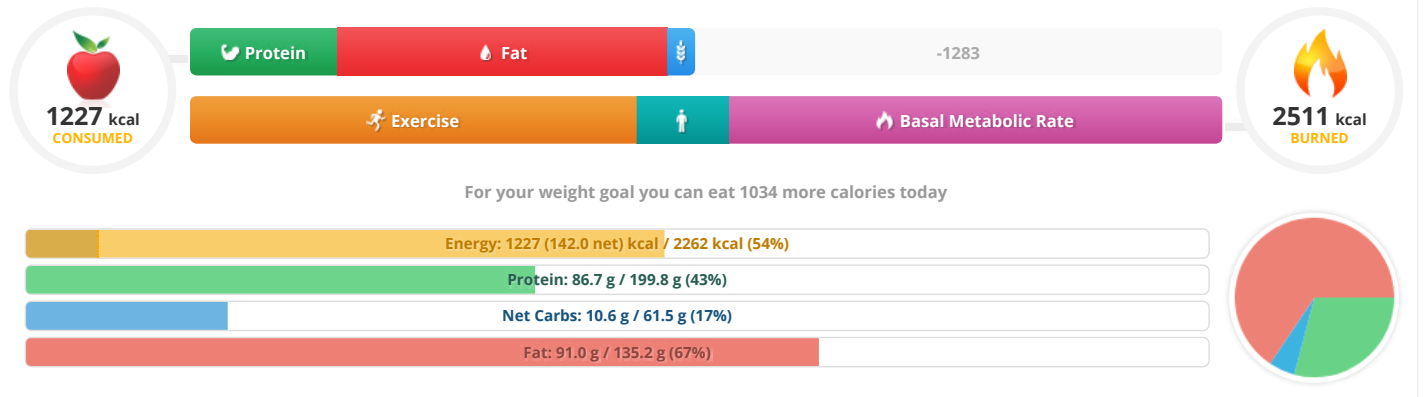
CALCIUM : MAGNESIUM



### Diary for 2018 January 2, Tuesday

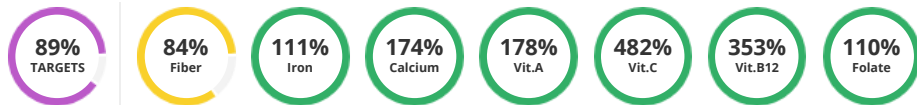
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Body Fat (Fitbit)	25	%	
Fitbit Activity	70	minutes	-1085.2
Body Fat (Fitbit)	38.9	%	
Weight (Fitbit)	150.4	lbs	
Sleep (Fitbit)	8.1	hours	
Pulse (Fitbit)	69	bpm	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Cream, Fluid, Heavy Whipping	0.25	cup, fluid (yields 2 cups whipped)	202.3
Keto Chow, 2.0, Chocolate	1	Scoop	132
Keto Chow 2.0, Banana	1	Scoop	124
Cream, Fluid, Heavy Whipping	0.5	cup, fluid (yields 2 cups whipped)	404.6
Cream, Fluid, Heavy Whipping	0.25	cup, fluid (yields 2 cups whipped)	202.3

Calories Summary



### Nutrients for 2018 January 2, Tuesday

Nutrient Targets



General		
Energy	1227.2 kcal	54%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	137.6 g	5%

Carbohydrates		
Carbs	31.7 g	37%
Fiber	21.1 g	84%
Net Carbs	10.6 g	17%
Starch	0.0 g	No Target
Sugars	8.7 g	No Target

Lipids		
Fat	91.0 g	67%
Monounsaturated	22.7 g	No Target
Polyunsaturated	4.2 g	No Target
Omega-3	2.4 g	214%
Omega-6	2.5 g	20%
Saturated	56.1 g	56.126 g
Trans-Fats	2.9 g	2.942 g
Cholesterol	294.9 mg	No Target

Protein		
Protein	86.7 g	43%
Cystine	2.3 g	371%
Histidine	1.5 g	160%
Isoleucine	5.2 g	421%
Leucine	9.0 g	328%
Lysine	8.7 g	352%
Methionine	1.9 g	306%
Phenylalanine	2.8 g	263%
Threonine	5.6 g	430%
Tryptophan	1.5 g	475%
Tyrosine	2.7 g	248%
Valine	4.4 g	281%

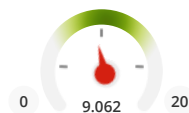
Vitamins		
B1 (Thiamine)	2.1 mg	195%
B2 (Riboflavin)	4.7 mg	431%
B3 (Niacin)	21.2 mg	151%
B5 (Pantothenic Acid)	15.9 mg	318%
B6 (Pyridoxine)	2.6 mg	200%
B12 (Cobalamin)	8.5 µg	353%
Folate	440.5 µg	110%
Vitamin A	4144.6 IU	178%
Vitamin C	361.4 mg	482%
Vitamin D	2549.9 IU	425%
Vitamin E	26.2 mg	175%
Vitamin K	127.6 µg	142%

Minerals		
Calcium	1740.1 mg	174%
Copper	2.4 mg	262%
Iron	19.9 mg	111%
Magnesium	705.7 mg	221%
Manganese	2.7 mg	151%
Phosphorus	1153.0 mg	165%
Potassium	5310.1 mg	113%
Selenium	240.7 µg	438%
Sodium	2715.3 mg	181%
Zinc	21.4 mg	267%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

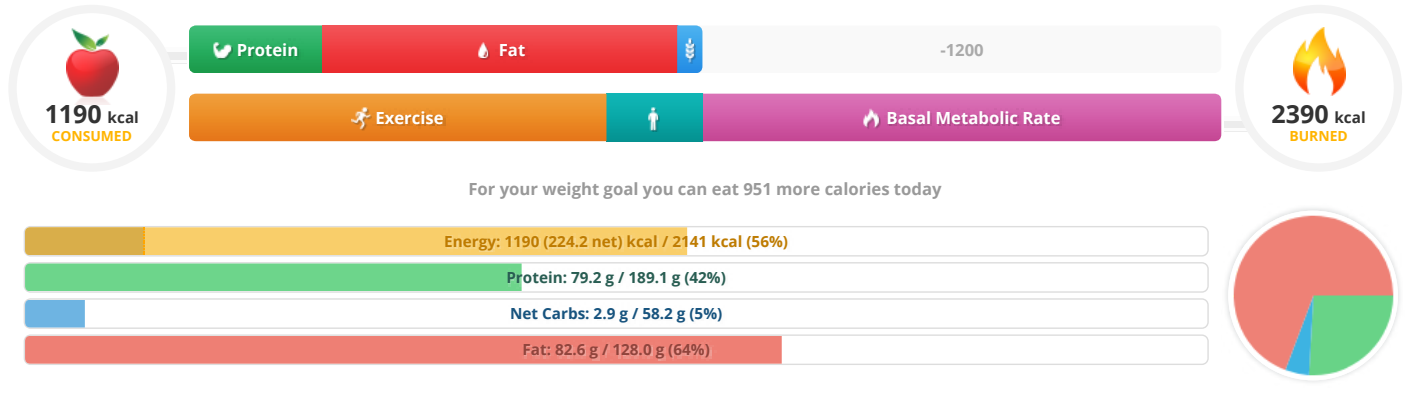


CALCIUM : MAGNESIUM

### Diary for 2018 January 3, Wednesday

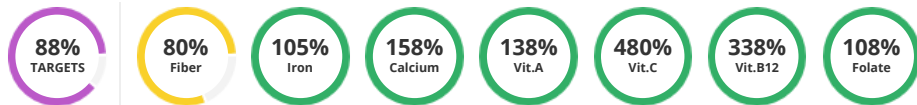
Description	Amount	Unit	Calories
Keto Chow 2.0, Banana		1 Scoop	124
Keto Chow, 2.0, Chocolate		1 Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%		13 × 15 mL	780
Keto Chow 2.0		1 Scoop	124
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		43 minutes	-911.82
Fitbit: Pilates		30 minutes	-54
Sleep (Fitbit)		7.1 hours	
Pulse (Fitbit)		67 bpm	
Body Fat (Fitbit)		25 %	
Weight (Fitbit)		149 lbs	

Calories Summary



### Nutrients for 2018 January 3, Wednesday

**Nutrient Targets**



**General**

Energy	1190.0 kcal	56%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

**Carbohydrates**

Carbs	22.8 g	28%
Fiber	20.0 g	80%
Net Carbs	2.9 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

**Lipids**

Fat	82.6 g	64%
Monounsaturated	0.9 g	No Target
Polyunsaturated	0.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	53.0 g	53.000 g
Trans-Fats	0.0 g	n/a
Cholesterol	351.0 mg	No Target

**Protein**

Protein	79.2 g	42%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

**Vitamins**

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	3223.0 IU	138%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

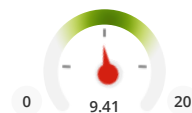
**Minerals**

Calcium	1576.0 mg	158%
Copper	2.2 mg	243%
Iron	19.0 mg	105%
Magnesium	670.0 mg	209%
Manganese	2.5 mg	142%
Phosphorus	986.0 mg	141%
Potassium	4984.0 mg	106%
Selenium	233.2 µg	424%
Sodium	2650.0 mg	177%
Zinc	20.6 mg	257%

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER














POTASSIUM : SODIUM

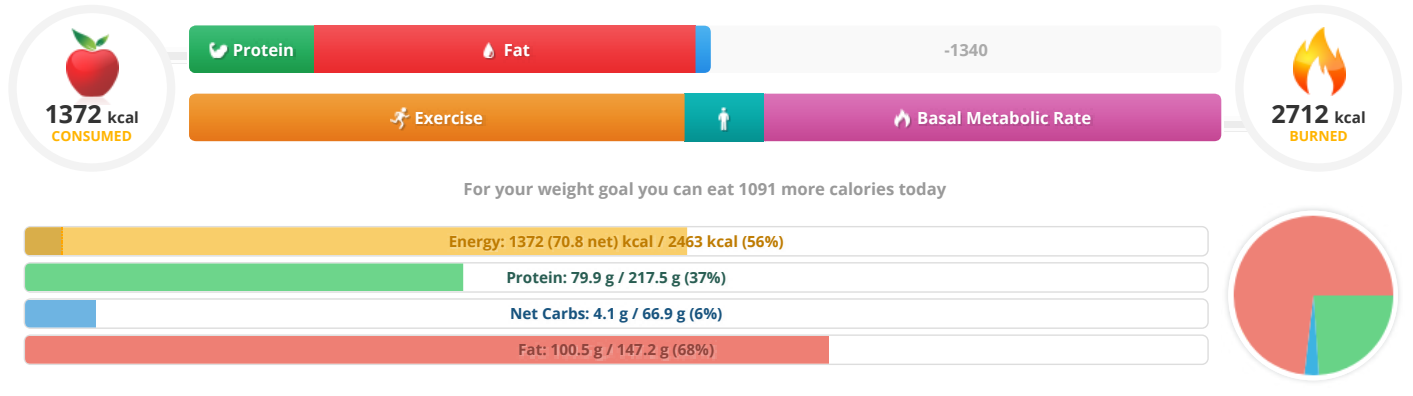


CALCIUM : MAGNESIUM

### Diary for 2018 January 4, Thursday

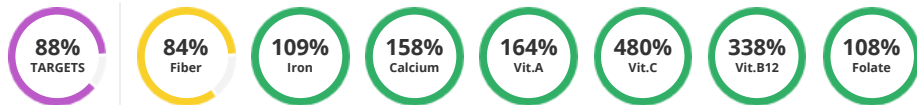
Description	Amount	Unit	Calories
 Keto Chow Fish Oil		1 × 2 Pills	30
 Fitbit Activity		129 minutes	-1301.21
 Sleep (Fitbit)		7.32 hours	
 Pulse (Fitbit)		67 bpm	
 Body Fat (Fitbit)		25 %	
 Weight (Fitbit)		147 lbs	
 Body Fat (Fitbit)		38 %	
 Keto Chow, 2.0, Chocolate		1 Scoop	132
 Keto Chow 2.0		1 Scoop	124
 Keto Chow, 2.0, Chocolate		1 Scoop	132
 Darigold, Whipping Cream, Heavy Classic 40%		15.9 × 15 mL	954

Calories Summary



### Nutrients for 2018 January 4, Thursday

**Nutrient Targets**



General		
Energy	1372.0 kcal	56%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates		
Carbs	25.2 g	27%
Fiber	21.1 g	84%
Net Carbs	4.1 g	6%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids		
Fat	100.5 g	68%
Monounsaturated	1.1 g	No Target
Polyunsaturated	0.5 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.3 g	2%
Saturated	64.9 g	64.910 g
Trans-Fats	0.0 g	n/a
Cholesterol	423.5 mg	No Target

Protein		
Protein	79.9 g	37%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

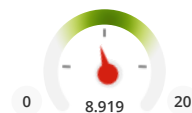
Vitamins		
B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	4.3 mg	390%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.5 mg	194%
B12 (Cobalamin)	8.1 µg	338%
Folate	431.0 µg	108%
Vitamin A	3826.0 IU	164%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals		
Calcium	1583.0 mg	158%
Copper	2.3 mg	259%
Iron	19.7 mg	109%
Magnesium	689.0 mg	215%
Manganese	2.7 mg	150%
Phosphorus	1015.0 mg	145%
Potassium	5084.0 mg	108%
Selenium	233.6 µg	425%
Sodium	2651.0 mg	177%
Zinc	20.8 mg	260%

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

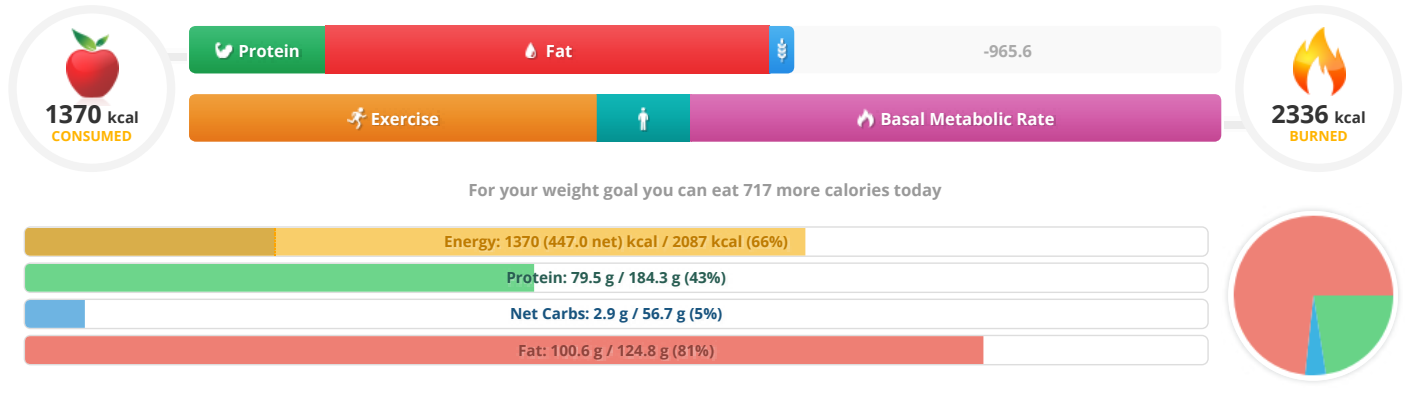


CALCIUM : MAGNESIUM

### Diary for 2018 January 5, Friday

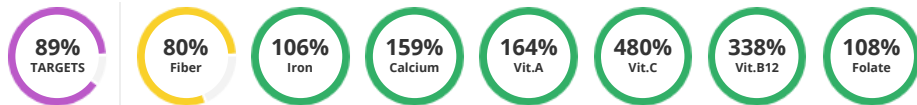
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	61	minutes	-792.98
Fitbit: Weights	60	minutes	-130
Pulse (Fitbit)	67	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	145.8	lbs	
Sleep (Fitbit)	7.25	hours	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	16	× 15 mL	960
Coke Zero	1	can - each 12 fl oz	0
Ketones (Blood)	0.5	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 5, Friday

**Nutrient Targets**



General		
Energy	1370.0 kcal	66%
Alcohol	0.0 g	No Target
Caffeine	42.6 mg	No Target
Water	354.5 g	13%

Carbohydrates		
Carbs	22.8 g	28%
Fiber	20.0 g	80%
Net Carbs	2.9 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids		
Fat	100.6 g	80%
Monounsaturated	0.9 g	No Target
Polyunsaturated	0.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	65.0 g	65,000 g
Trans-Fats	0.0 g	n/a
Cholesterol	426.0 mg	No Target

Protein		
Protein	79.5 g	43%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

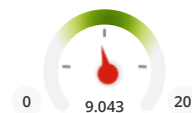
Vitamins		
B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	3823.0 IU	164%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals		
Calcium	1590.2 mg	159%
Copper	2.3 mg	253%
Iron	19.1 mg	106%
Magnesium	673.6 mg	210%
Manganese	2.6 mg	145%
Phosphorus	986.0 mg	141%
Potassium	4991.1 mg	106%
Selenium	233.2 µg	424%
Sodium	2671.3 mg	178%
Zinc	20.6 mg	257%

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



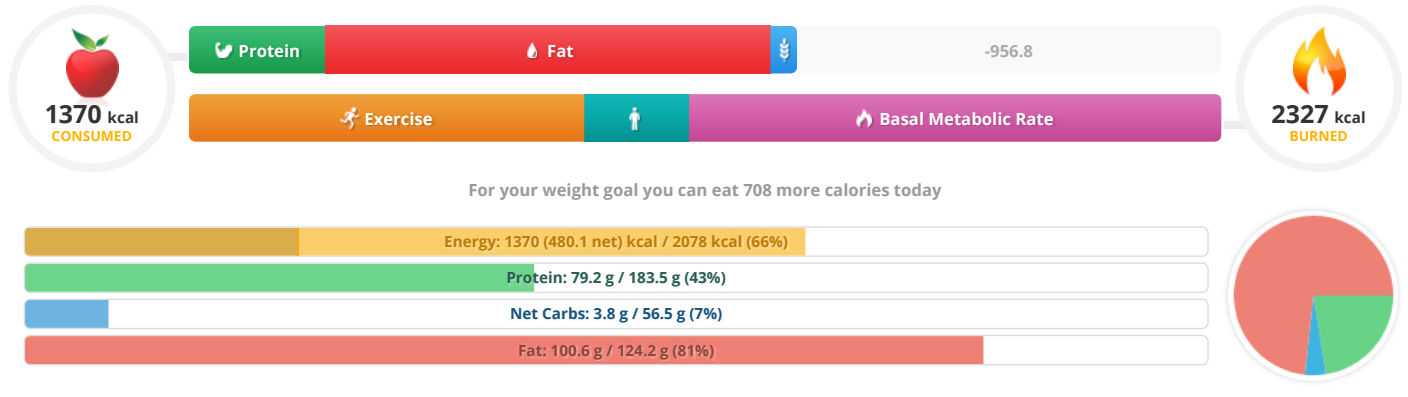
CALCIUM : MAGNESIUM



### Diary for 2018 January 6, Saturday

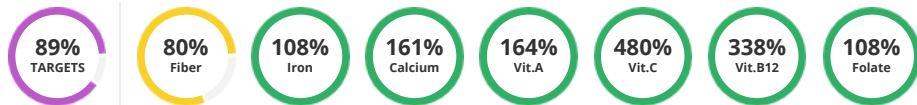
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	24	minutes	-889.87
Sleep (Fitbit)	8.08	hours	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	144.4	lbs	
Pulse (Fitbit)	67	bpm	
Keto Chow 2.0, Banana	1	Scoop	124
Keto Chow 2.0, Banana	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	10	× 15 mL	600
Diet Mountain Dew, fountain	32	fl oz	0
Keto Chow, 2.0, Chocolate	1	Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%	6	× 15 mL	360
Ketones (Blood)	0.5	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 6, Saturday

Nutrient Targets



General

Energy	1370.0 kcal	66%
Alcohol	0.0 g	No Target
Caffeine	142.1 mg	No Target
Water	945.3 g	35%

Carbohydrates

Carbs	23.8 g	29%
Fiber	20.0 g	80%
Net Carbs	3.8 g	7%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	100.6 g	81%
Monounsaturated	0.9 g	No Target
Polyunsaturated	0.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	65.0 g	65,000 g
Trans-Fats	0.0 g	n/a
Cholesterol	426.0 mg	No Target

Protein

Protein	79.2 g	43%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

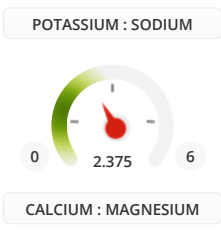
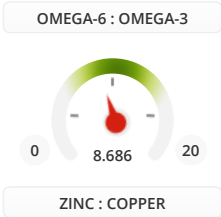
Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	3823.0 IU	164%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals

Calcium	1613.9 mg	161%
Copper	2.4 mg	269%
Iron	19.4 mg	108%
Magnesium	679.5 mg	212%
Manganese	2.7 mg	151%
Phosphorus	986.0 mg	141%
Potassium	5002.9 mg	106%
Selenium	233.2 µg	424%
Sodium	2801.6 mg	187%
Zinc	21.1 mg	263%

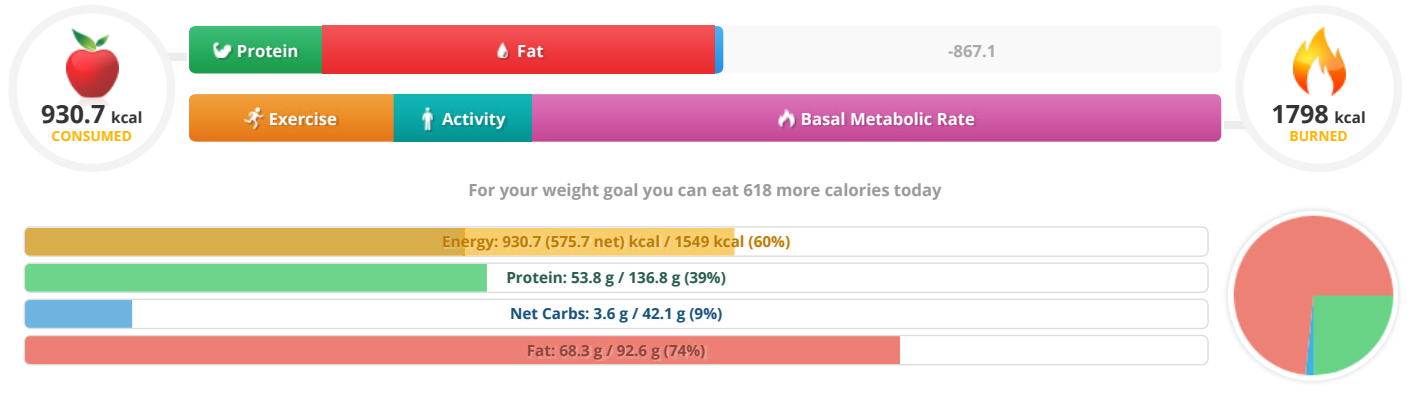
Nutrient Balances



### Diary for 2018 January 7, Sunday

Description	Amount	Unit	Calories
Fitbit Activity		0 minutes	-354.95
Pulse (Fitbit)		67 bpm	
Sleep (Fitbit)		9.88 hours	
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		144.4 lbs	
Ketones (Blood)		2.3 mmol/L	
Keto Chow, 2.0, Chocolate		1 Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
White bread, store bought		0.25 g	0.67
Keto Chow, 2.0, Chocolate		1 Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
Coca-Cola, Zero Calorie Cola		1 bottle	0
Keto Chow Fish Oil		1 × 2 Pills	30

#### Calories Summary



### Nutrients for 2018 January 7, Sunday

Nutrient Targets



General		
Energy	930.7 kcal	60%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.1 g	0%

Carbohydrates		
Carbs	18.5 g	28%
Fiber	14.9 g	59%
Net Carbs	3.6 g	9%
Starch	0.1 g	No Target
Sugars	1.2 g	No Target

Lipids		
Fat	68.3 g	73%
Monounsaturated	0.9 g	No Target
Polyunsaturated	0.5 g	No Target
Omega-3	2.0 g	180%
Omega-6	0.2 g	1%
Saturated	43.5 g	43.482 g
Trans-Fats	0.0 g	0.000 g
Cholesterol	289.0 mg	No Target

Protein		
Protein	53.8 g	39%
Cystine	1.5 g	243%
Histidine	0.9 g	95%
Isoleucine	3.2 g	262%
Leucine	5.6 g	205%
Lysine	5.6 g	227%
Methionine	1.2 g	187%
Phenylalanine	1.7 g	156%
Threonine	3.5 g	271%
Tryptophan	0.9 g	285%
Tyrosine	1.6 g	146%
Valine	2.7 g	170%

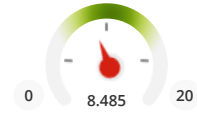
Vitamins		
B1 (Thiamine)	1.4 mg	127%
B2 (Riboflavin)	3.1 mg	286%
B3 (Niacin)	14.1 mg	100%
B5 (Pantothenic Acid)	9.8 mg	196%
B6 (Pyridoxine)	1.7 mg	128%
B12 (Cobalamin)	5.4 µg	225%
Folate	288.3 µg	72%
Vitamin A	2566.0 IU	110%
Vitamin C	240.0 mg	320%
Vitamin D	1600.0 IU	267%
Vitamin E	16.0 mg	107%
Vitamin K	80.0 µg	89%

Minerals		
Calcium	1060.4 mg	106%
Copper	1.7 mg	183%
Iron	13.6 mg	75%
Magnesium	472.1 mg	148%
Manganese	1.9 mg	106%
Phosphorus	696.2 mg	99%
Potassium	3456.3 mg	74%
Selenium	156.1 µg	284%
Sodium	1839.2 mg	123%
Zinc	14.0 mg	175%

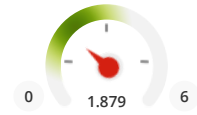
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

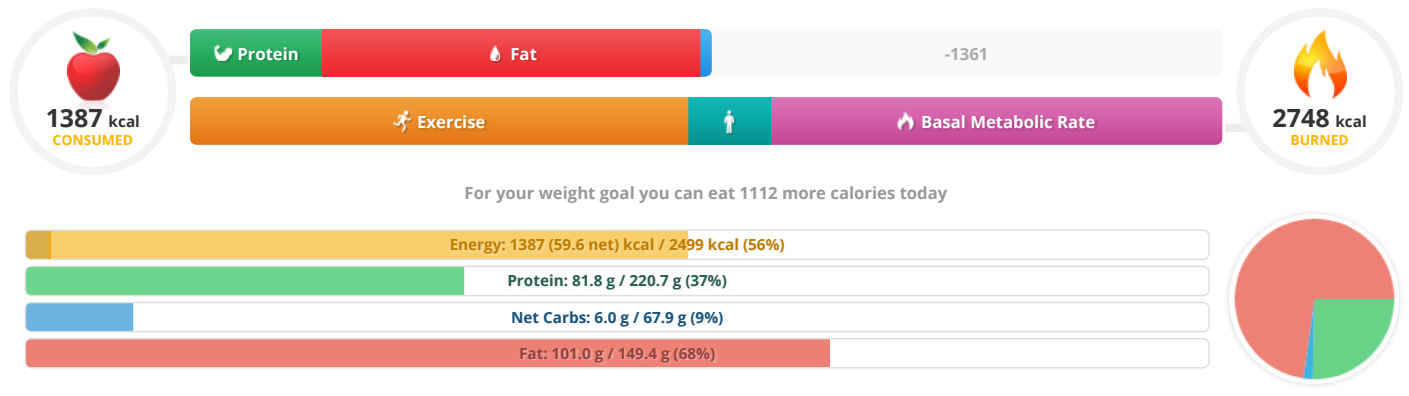


CALCIUM : MAGNESIUM

### Diary for 2018 January 8, Monday

Description	Amount	Unit	Calories
Kroger, Less Sodium Chicken Broth	0.75	cup	7.2
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	89	minutes	-1327.61
Pulse (Fitbit)	67	bpm	
Pulse (Fitbit)	68	bpm	
Sleep (Fitbit)	6.43	hours	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	144.4	lbs	
Keto Chow, 2.0, Chocolate	2	Scoop	264
Darigold, Whipping Cream, Heavy Classic 40%	10.6	× 15 mL	636
Fresca	1	can - each 12 fl oz	0
Ketones (Blood)	1	mmol/L	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%	5.3	× 15 mL	318

#### Calories Summary



### Nutrients for 2018 January 8, Monday

Nutrient Targets



General

Energy	1387.2 kcal	56%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	354.5 g	13%

Carbohydrates

Carbs	28.3 g	30%
Fiber	22.3 g	89%
Net Carbs	6.0 g	9%
Starch	0.0 g	No Target
Sugars	2.5 g	No Target

Lipids

Fat	101.0 g	68%
Monounsaturated	1.3 g	No Target
Polyunsaturated	0.7 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.3 g	2%
Saturated	65.2 g	65.220 g
Trans-Fats	0.0 g	n/a
Cholesterol	423.5 mg	No Target

Protein

Protein	81.8 g	37%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	4.7 mg	428%
B3 (Niacin)	21.1 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.5 mg	192%
B12 (Cobalamin)	8.1 µg	338%
Folate	432.0 µg	108%
Vitamin A	3849.0 IU	165%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

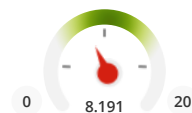
Minerals

Calcium	1604.2 mg	160%
Copper	2.6 mg	285%
Iron	20.5 mg	114%
Magnesium	711.6 mg	222%
Manganese	2.9 mg	162%
Phosphorus	1044.0 mg	149%
Potassium	5191.1 mg	110%
Selenium	234.0 µg	425%
Sodium	3101.7 mg	207%
Zinc	21.0 mg	263%

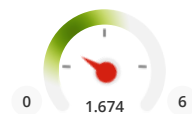
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

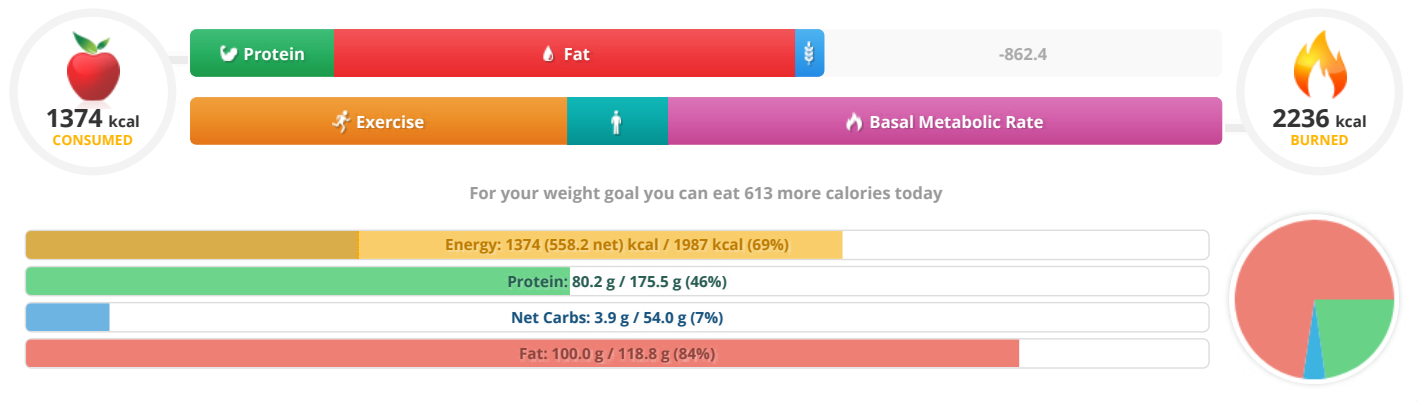


CALCIUM : MAGNESIUM

### Diary for 2018 January 9, Tuesday

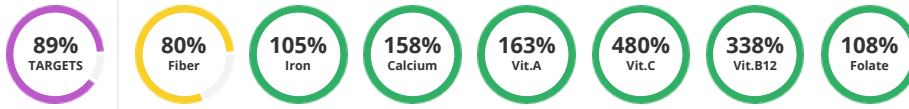
Description	Amount	Unit	Calories
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		29 minutes	-686.39
Fitbit: Weights		60 minutes	-129
Pulse (Fitbit)		69 bpm	
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		144 lbs	
Sleep (Fitbit)		7.02 hours	
Keto Chow, 2.0, Chocolate		1 Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
Keto Chow 2.0 - Cookies and Cream		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
Kroger, Less Sodium Chicken Broth		1 cup	9.6
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
Ketones (Blood)		0.8 mmol/L	

#### Calories Summary



### Nutrients for 2018 January 9, Tuesday

Nutrient Targets



General

Energy	1373.6 kcal	69%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	23.8 g	30%
Fiber	20.0 g	80%
Net Carbs	3.9 g	7%
Starch	0.0 g	No Target
Sugars	2.7 g	No Target

Lipids

Fat	100.0 g	84%
Monounsaturated	0.9 g	No Target
Polyunsaturated	0.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	64.6 g	64.600 g
Trans-Fats	0.0 g	n/a
Cholesterol	423.5 mg	No Target

Protein

Protein	80.2 g	46%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	3803.0 IU	163%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

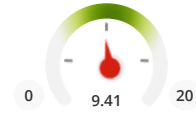
Minerals

Calcium	1576.0 mg	158%
Copper	2.2 mg	243%
Iron	19.0 mg	105%
Magnesium	670.0 mg	209%
Manganese	2.5 mg	142%
Phosphorus	986.0 mg	141%
Potassium	4984.0 mg	106%
Selenium	233.2 µg	424%
Sodium	3221.2 mg	215%
Zinc	20.6 mg	257%

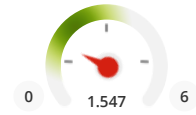
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



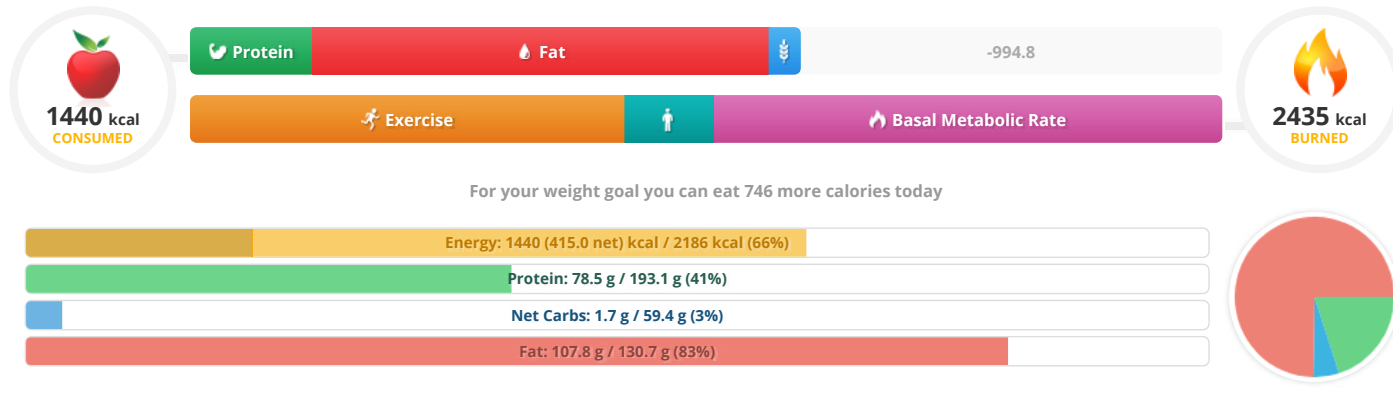
CALCIUM : MAGNESIUM



### Diary for 2018 January 10, Wednesday

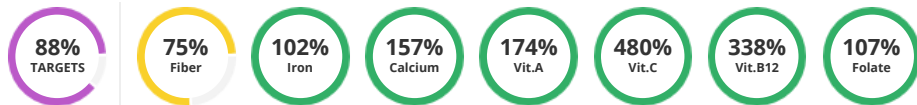
Description	Amount	Unit	Calories
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		72 minutes	-756.98
Fitbit: Kickboxing		60 minutes	-268
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		144.2 lbs	
Pulse (Fitbit)		71 bpm	
Sleep (Fitbit)		6.52 hours	
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		5.3 × 15 mL	318
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		8 × 15 mL	480
Keto Chow 2.0		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		4 × 15 mL	240
Ketones (Blood)		1.7 mmol/L	

#### Calories Summary



### Nutrients for 2018 January 10, Wednesday

Nutrient Targets



General

Energy	1440.0 kcal	66%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	20.5 g	24%
Fiber	18.8 g	75%
Net Carbs	1.7 g	3%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	107.8 g	82%
Monounsaturated	0.6 g	No Target
Polyunsaturated	0.1 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	69.9 g	69.890 g
Trans-Fats	0.0 g	n/a
Cholesterol	458.5 mg	No Target

Protein

Protein	78.5 g	41%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

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	4060.0 IU	174%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

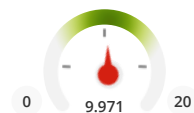
Minerals

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

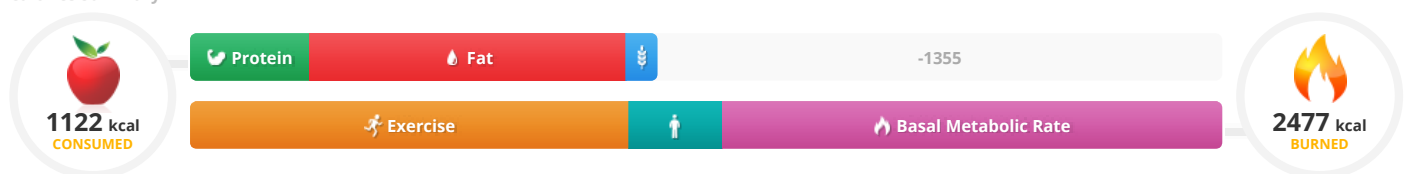


CALCIUM : MAGNESIUM

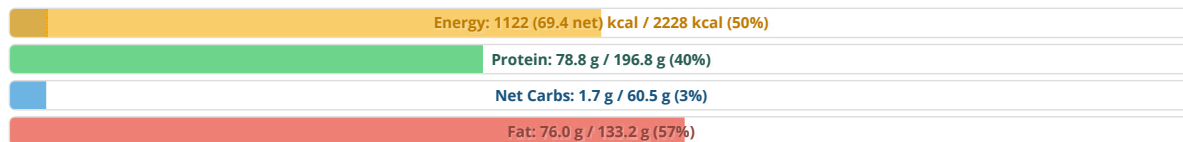
### Diary for 2018 January 11, Thursday

Description	Amount	Unit	Calories
Vanilla Coke Zero	1	can - each 12 fl oz	0
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	72	minutes	-1052.58
Pulse (Fitbit)	70	bpm	
Sleep (Fitbit)	7	hours	
Pulse (Fitbit)	69	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	143	lbs	
Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	4	× 15 mL	240
Darigold, Whipping Cream, Heavy Classic 40%	4	× 15 mL	240
Keto Chow 2.0	1	Scoop	124
Ketones (Blood)	1.1	mmol/L	
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	4	× 15 mL	240

#### Calories Summary

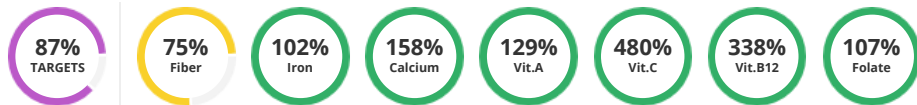


For your weight goal you can eat 1106 more calories today



### Nutrients for 2018 January 11, Thursday

Nutrient Targets



General		
Energy	1122.0 kcal	50%
Alcohol	0.0 g	No Target
Caffeine	42.6 mg	No Target
Water	354.5 g	13%

Carbohydrates		
Carbs	20.5 g	24%
Fiber	18.8 g	75%
Net Carbs	1.7 g	3%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids		
Fat	76.0 g	57%
Monounsaturated	0.6 g	No Target
Polyunsaturated	0.1 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	48.7 g	48.690 g
Trans-Fats	0.0 g	n/a
Cholesterol	326.0 mg	No Target

Protein		
Protein	78.8 g	40%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

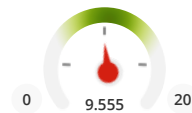
Vitamins		
B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.5 mg	314%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	198%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.0 µg	107%
Vitamin A	3000.0 IU	129%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals		
Calcium	1583.2 mg	158%
Copper	2.1 mg	237%
Iron	18.4 mg	102%
Magnesium	654.6 mg	205%
Manganese	2.5 mg	137%
Phosphorus	957.0 mg	137%
Potassium	4891.1 mg	104%
Selenium	232.8 µg	423%
Sodium	2670.3 mg	178%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

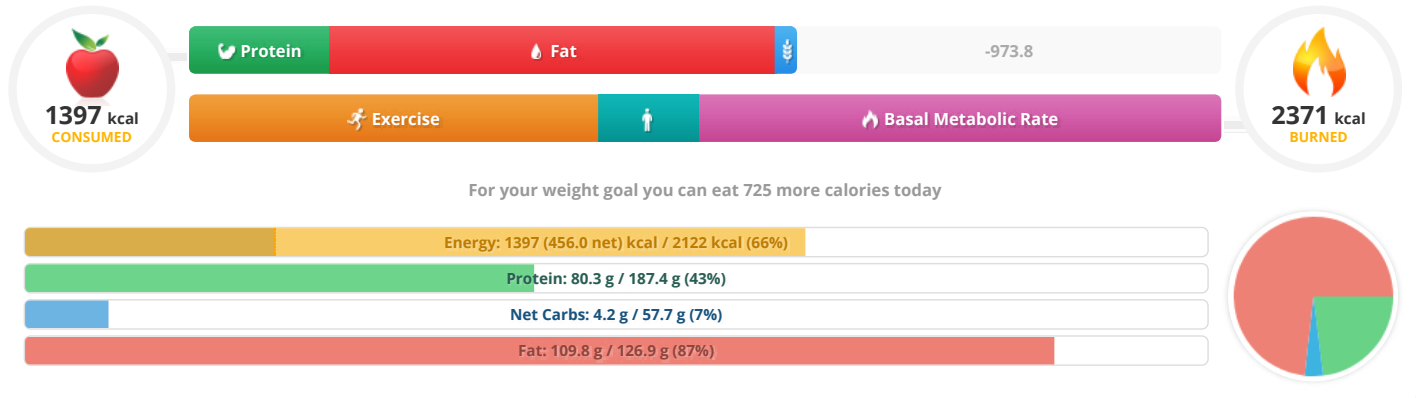


CALCIUM : MAGNESIUM

### Diary for 2018 January 12, Friday

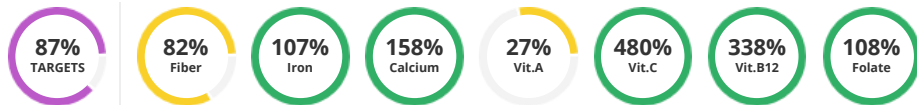
Description	Amount	Unit	Calories
Coca-Cola, Zero Calorie Cola		0.25 bottle	0
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		52 minutes	-940.62
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		143 lbs	
Pulse (Fitbit)		68 bpm	
Sleep (Fitbit)		7.05 hours	
Keto Chow, 2.0, Chocolate		0.5 Scoop	66
Keto Chow 2.0		0.5 Scoop	62
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Kroger, Less Sodium Chicken Broth		0.75 cup	7.2
Keto Chow, 2.0, Chocolate		1 Scoop	132
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Ketones (Blood)		1 mmol/L	

#### Calories Summary



### Nutrients for 2018 January 12, Friday

#### Nutrient Targets



#### General

Energy	1396.7 kcal	66%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

#### Carbohydrates

Carbs	24.8 g	30%
Fiber	20.5 g	82%
Net Carbs	4.2 g	7%
Starch	0.0 g	No Target
Sugars	2.5 g	No Target

#### Lipids

Fat	109.8 g	86%
Monounsaturated	76.0 g	No Target
Polyunsaturated	15.4 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.3 g	2%
Saturated	16.2 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	No Target

#### Protein

Protein	80.3 g	43%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

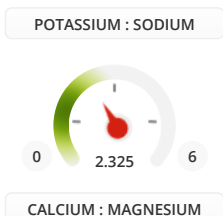
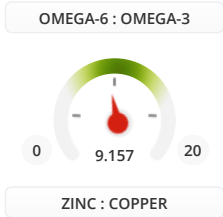
#### Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	4.1 mg	371%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.5 mg	195%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.5 µg	108%
Vitamin A	634.5 IU	27%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

#### Minerals

Calcium	1579.5 mg	158%
Copper	2.3 mg	251%
Iron	19.3 mg	107%
Magnesium	679.5 mg	212%
Manganese	2.6 mg	146%
Phosphorus	1000.5 mg	143%
Potassium	5034.0 mg	107%
Selenium	233.4 µg	424%
Sodium	3096.4 mg	206%
Zinc	20.7 mg	259%

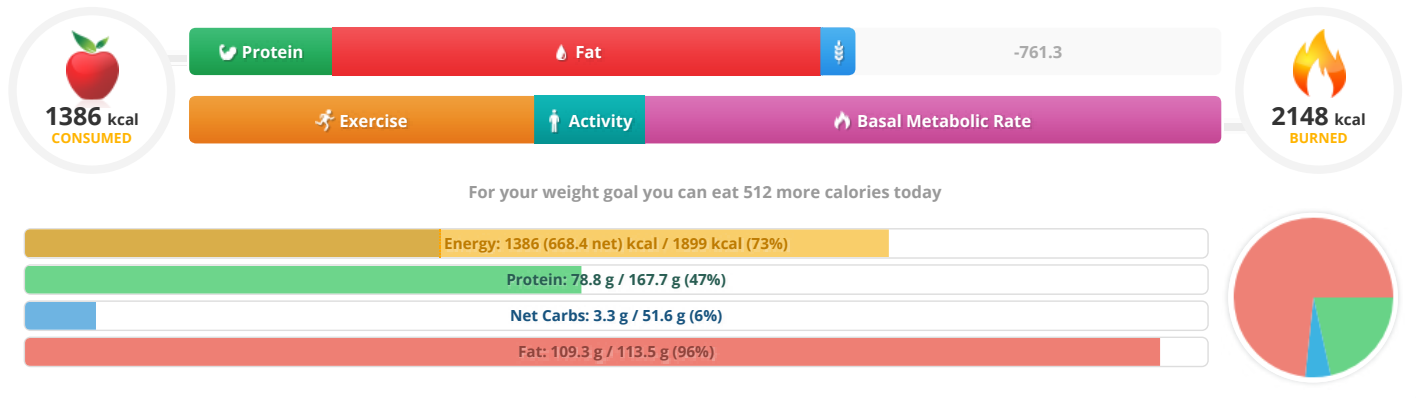
#### Nutrient Balances



### Diary for 2018 January 13, Saturday

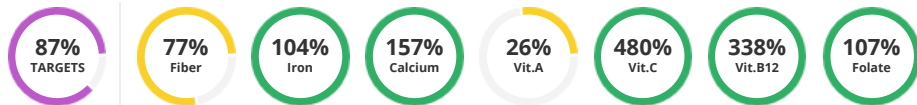
Description	Amount	Unit	Calories
Coca-Cola, Zero Calorie Cola		1 bottle	0
Crush, Grape Drink Mix		1 packet	5
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		23 minutes	-654.08
Fitbit: Walk		30 minutes	-64
Sleep (Fitbit)		8.22 hours	
Pulse (Fitbit)		68 bpm	
Weight (Fitbit)		142 lbs	
Pulse (Fitbit)		69 bpm	
Body Fat (Fitbit)		38 %	
Keto Chow, 2.0, Chocolate		0.5 Scoop	66
Keto Chow 2.0		0.5 Scoop	62
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Keto Chow 2.0 - Cookies and Cream		1 Scoop	124
Ketones (Blood)		2.7 mmol/L	

#### Calories Summary



### Nutrients for 2018 January 13, Saturday

Nutrient Targets



General		
Energy	1386.5 kcal	73%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates		
Carbs	22.7 g	29%
Fiber	19.4 g	77%
Net Carbs	3.3 g	6%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids		
Fat	109.3 g	96%
Monounsaturated	75.8 g	No Target
Polyunsaturated	15.2 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	15.8 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	No Target

Protein		
Protein	78.8 g	47%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

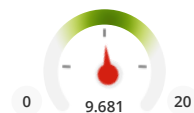
Vitamins		
B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.7 mg	333%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	197%
B12 (Cobalamin)	8.1 µg	338%
Folate	429.5 µg	107%
Vitamin A	611.5 IU	26%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals		
Calcium	1572.5 mg	157%
Copper	2.1 mg	235%
Iron	18.6 mg	104%
Magnesium	660.5 mg	206%
Manganese	2.5 mg	137%
Phosphorus	971.5 mg	139%
Potassium	4934.0 mg	105%
Selenium	233.0 µg	424%
Sodium	2719.5 mg	181%
Zinc	20.5 mg	256%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



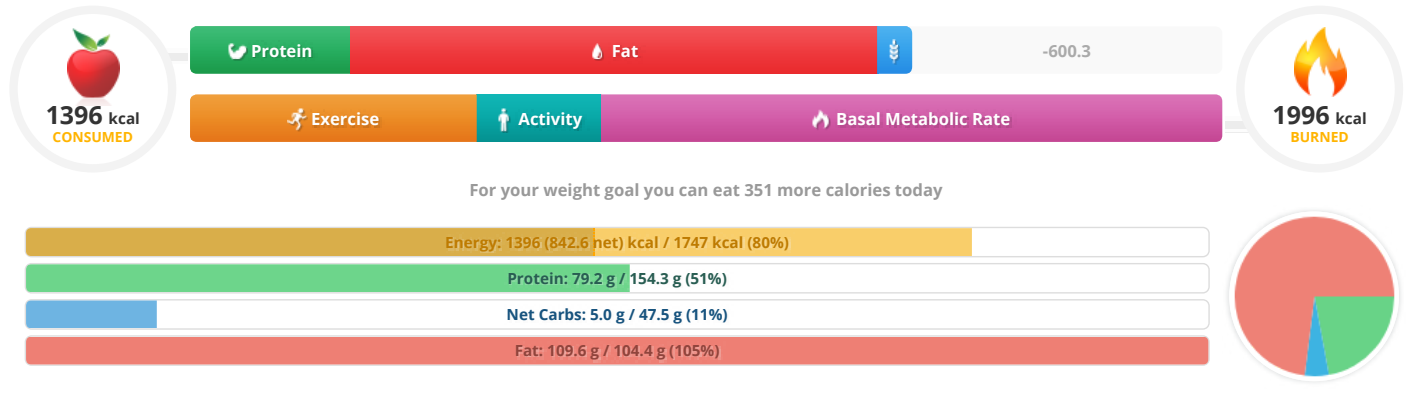
CALCIUM : MAGNESIUM



### Diary for 2018 January 14, Sunday

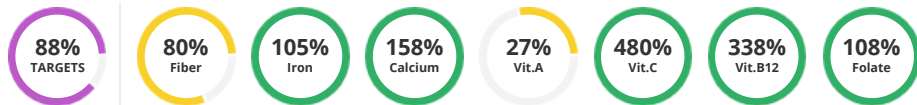
Description	Amount	Unit	Calories
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Fitbit Activity	0	minutes	-553.51
Pulse (Fitbit)	69	bpm	
Sleep (Fitbit)	8.13	hours	
Pulse (Fitbit)	70	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	142	lbs	
White bread, store bought	0.25	g	0.67
Keto Chow, 2.0, Chocolate	1	Scoop	132
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
Crush, Grape Drink Mix	2	packet	10
Ketones (Blood)	3.8	mmol/L	
Keto Chow Fish Oil	1 × 2	Pills	30

#### Calories Summary



### Nutrients for 2018 January 14, Sunday

#### Nutrient Targets



#### General

Energy	1396.1 kcal	80%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.1 g	0%

#### Carbohydrates

Carbs	25.0 g	35%
Fiber	20.0 g	80%
Net Carbs	5.0 g	11%
Starch	0.1 g	No Target
Sugars	1.7 g	No Target

#### Lipids

Fat	109.6 g	105%
Monounsaturated	75.9 g	No Target
Polyunsaturated	15.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.3 g	2%
Saturated	16.0 g	n/a
Trans-Fats	0.0 g	0.000 g
Cholesterol	26.0 mg	No Target

#### Protein

Protein	79.2 g	51%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	235%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

#### Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.3 µg	108%
Vitamin A	623.0 IU	27%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

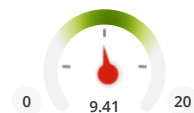
#### Minerals

Calcium	1576.4 mg	158%
Copper	2.2 mg	243%
Iron	19.0 mg	105%
Magnesium	670.1 mg	209%
Manganese	2.6 mg	142%
Phosphorus	986.2 mg	141%
Potassium	4984.3 mg	106%
Selenium	233.3 µg	424%
Sodium	2651.2 mg	177%
Zinc	20.6 mg	257%

#### Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

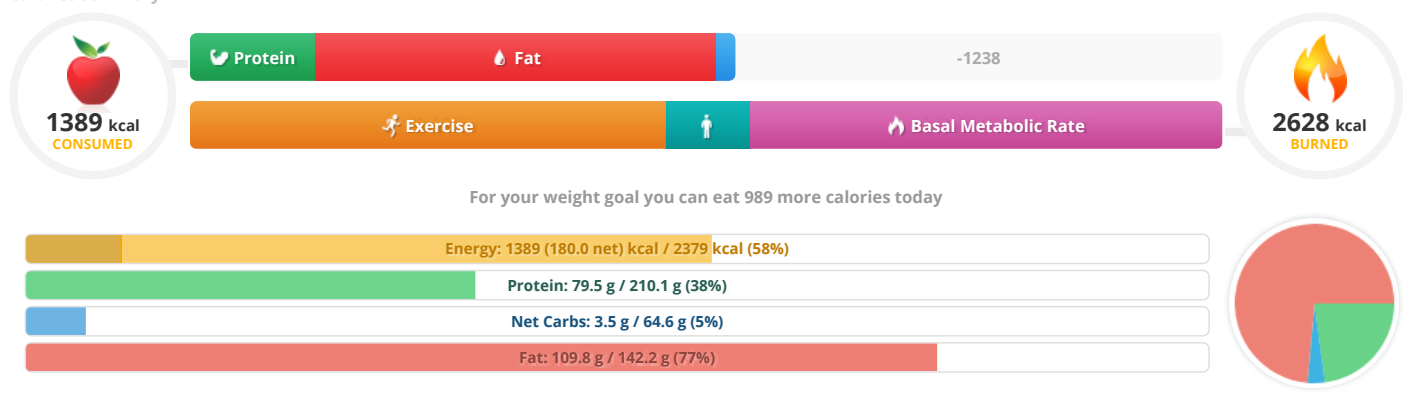


CALCIUM : MAGNESIUM

### Diary for 2018 January 15, Monday

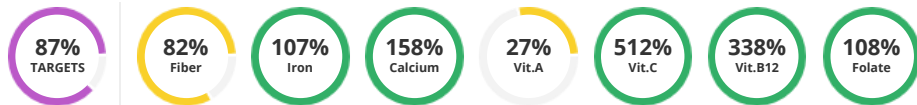
Description	Amount	Unit	Calories
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Propel, Grape Water Beverage Mix	1	packet	0
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	98	minutes	-1209.28
Pulse (Fitbit)	69	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	141.4	lbs	
Sleep (Fitbit)	7	hours	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Keto Chow, 2.0, Chocolate	0.5	Scoop	66
Keto Chow 2.0, Banana	0.5	Scoop	62
Chosen Foods, 100% Avocado Oil	2.5	tbsp	325
Ketones (Blood)	2.1	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 15, Monday

Nutrient Targets



General

Energy	1389.3 kcal	58%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	24.0 g	27%
Fiber	20.5 g	82%
Net Carbs	3.5 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	109.8 g	77%
Monounsaturated	76.0 g	No Target
Polyunsaturated	15.4 g	No Target
Omega-3	2.0 g	181%
Omega-6	4.0 g	33%
Saturated	16.2 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	No Target

Protein

Protein	79.5 g	38%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	4.1 mg	371%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.5 mg	195%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.5 µg	108%
Vitamin A	634.5 IU	27%
Vitamin C	384.0 mg	512%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

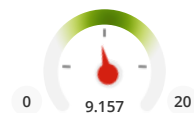
Minerals

Calcium	1579.5 mg	158%
Copper	2.3 mg	251%
Iron	19.3 mg	107%
Magnesium	679.5 mg	212%
Manganese	2.6 mg	146%
Phosphorus	1000.5 mg	143%
Potassium	5034.0 mg	107%
Selenium	233.4 µg	424%
Sodium	2860.5 mg	191%
Zinc	20.7 mg	259%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

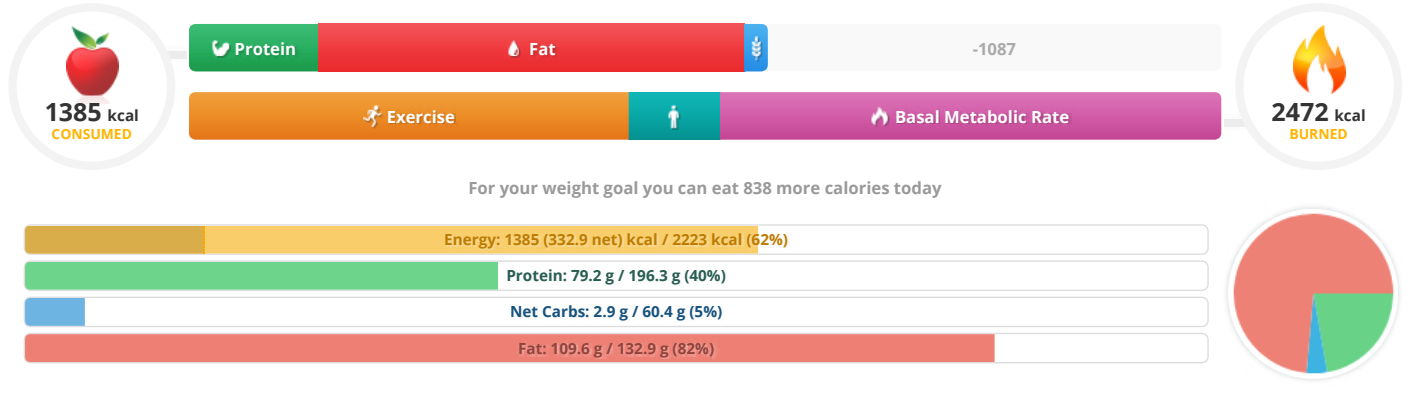


CALCIUM : MAGNESIUM

## Diary for 2018 January 16, Tuesday

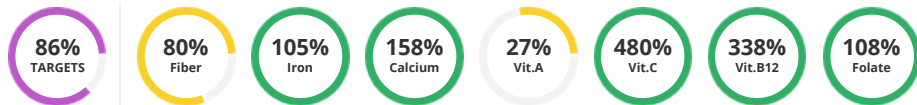
Description	Amount	Unit	Calories
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		2.5 Tbsp	325.15
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		5 Tbsp	650.3
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		33 minutes	-924.54
Fitbit: Weights		60 minutes	-128
Sleep (Fitbit)		6.55 hours	
Pulse (Fitbit)		70 bpm	
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		141.4 lbs	
Keto Chow, 2.0, Chocolate		1 Scoop	132
Keto Chow 2.0		1 Scoop	124
Keto Chow 2.0 - Vanilla		1 Scoop	124
Ketones (Blood)		2.7 mmol/L	

### Calories Summary



### Nutrients for 2018 January 16, Tuesday

Nutrient Targets



General

Energy	1385.5 kcal	62%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	22.8 g	27%
Fiber	20.0 g	80%
Net Carbs	2.9 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	109.6 g	82%
Monounsaturated	75.9 g	No Target
Polyunsaturated	15.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	16.0 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	No Target

Protein

Protein	79.2 g	40%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

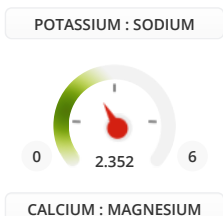
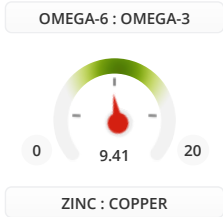
Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	623.0 IU	27%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals

Calcium	1576.0 mg	158%
Copper	2.2 mg	243%
Iron	19.0 mg	105%
Magnesium	670.0 mg	209%
Manganese	2.5 mg	142%
Phosphorus	986.0 mg	141%
Potassium	4984.0 mg	106%
Selenium	233.2 µg	424%
Sodium	2650.0 mg	177%
Zinc	20.6 mg	257%

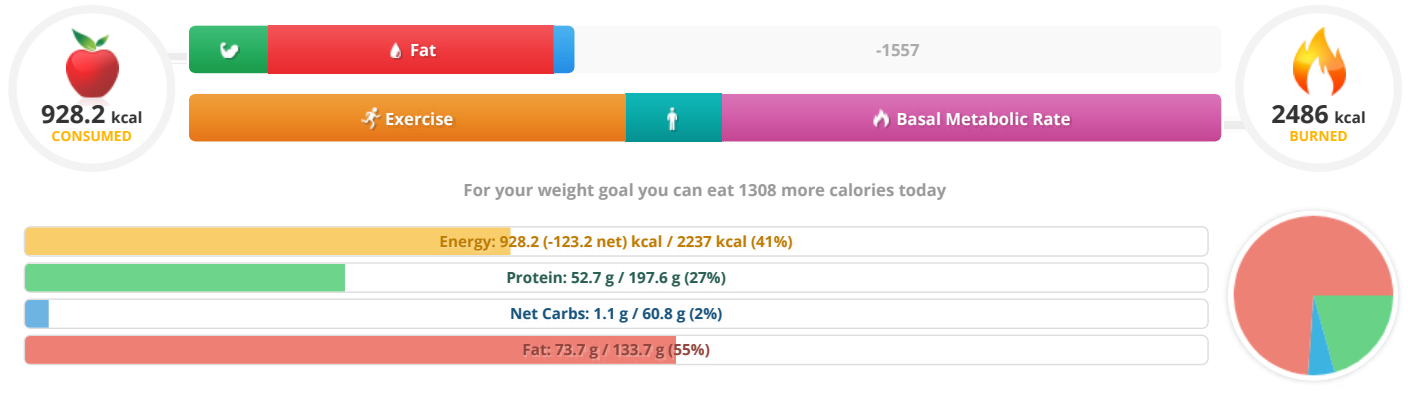
Nutrient Balances



### Diary for 2018 January 17, Wednesday

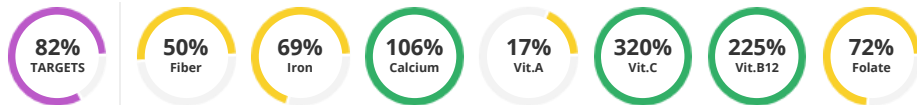
Description	Amount	Unit	Calories
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	35	minutes	-1051.37
Sleep (Fitbit)	6.87	hours	
Pulse (Fitbit)	69	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	140.6	lbs	
Keto Chow 2.0 - Vanilla	1	Scoop	124
Chosen Foods, 100% Avocado Oil	2.5	tbsp	325
Diet Mountain Dew	1	can - each 12 fl oz	0
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Ketones (Blood)	2	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 17, Wednesday

Nutrient Targets



General

Energy	928.2 kcal	41%
Alcohol	0.0 g	No Target
Caffeine	53.3 mg	No Target
Water	354.5 g	13%

Carbohydrates

Carbs	13.7 g	16%
Fiber	12.5 g	50%
Net Carbs	1.1 g	2%
Starch	0.0 g	No Target
Sugars	1.1 g	No Target

Lipids

Fat	73.7 g	55%
Monounsaturated	50.4 g	No Target
Polyunsaturated	10.1 g	No Target
Omega-3	2.0 g	180%
Omega-6	3.9 g	33%
Saturated	10.5 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	24.0 mg	No Target

Protein

Protein	52.7 g	27%
Cystine	1.5 g	243%
Histidine	0.9 g	95%
Isoleucine	3.2 g	262%
Leucine	5.6 g	205%
Lysine	5.6 g	227%
Methionine	1.2 g	187%
Phenylalanine	1.7 g	156%
Threonine	3.5 g	271%
Tryptophan	0.9 g	285%
Tyrosine	1.6 g	146%
Valine	2.7 g	170%

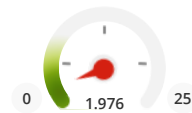
Vitamins

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	16.0 mg	107%
Vitamin K	80.0 µg	89%

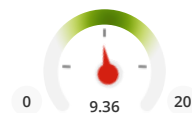
Minerals

Calcium	1060.2 mg	106%
Copper	1.5 mg	161%
Iron	12.3 mg	69%
Magnesium	437.6 mg	137%
Manganese	1.7 mg	92%
Phosphorus	638.0 mg	91%
Potassium	3263.1 mg	69%
Selenium	155.2 µg	282%
Sodium	1787.3 mg	119%
Zinc	13.6 mg	170%

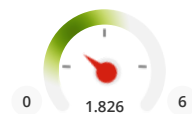
Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



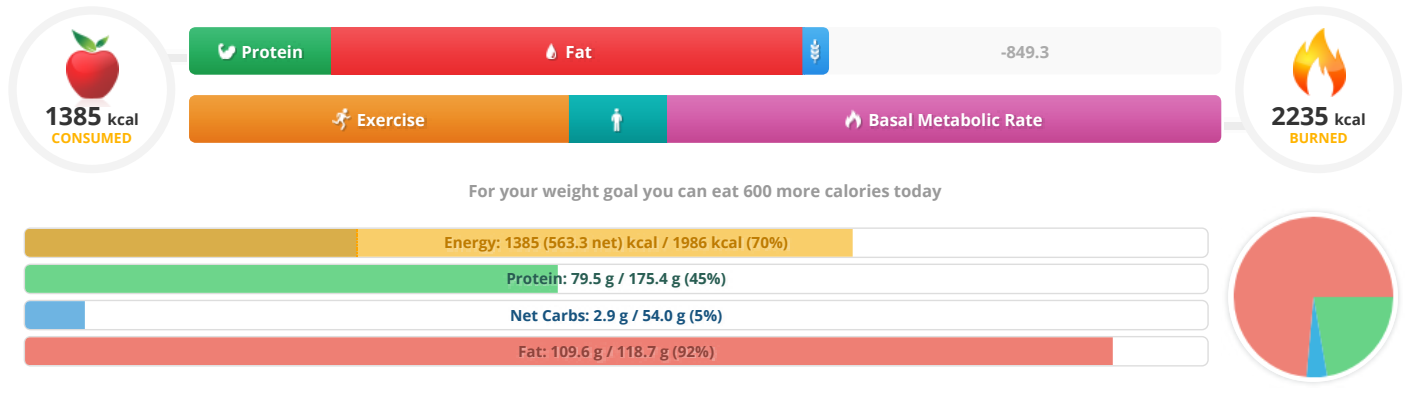
CALCIUM : MAGNESIUM



### Diary for 2018 January 18, Thursday

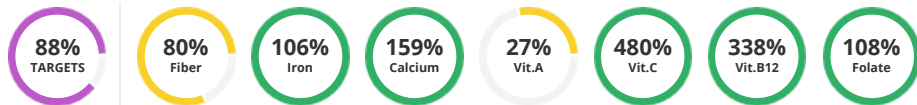
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	61	minutes	-541.98
Fitbit: Spinning	60	minutes	-280
Pulse (Fitbit)	68	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	140.6	lbs	
Sleep (Fitbit)	6.58	hours	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Chosen Foods, 100% Avocado Oil	2.5	tbsp	325
Ketones (Blood)	3	mmol/L	
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Keto Chow 2.0	1	Scoop	124
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	5	Tbsp	650.3
Diet Mountain Dew	1	can - each 12 fl oz	0

Calories Summary



### Nutrients for 2018 January 18, Thursday

Nutrient Targets



General

Energy	1385.3 kcal	70%
Alcohol	0.0 g	No Target
Caffeine	53.3 mg	No Target
Water	354.5 g	13%

Carbohydrates

Carbs	22.8 g	29%
Fiber	20.0 g	80%
Net Carbs	2.9 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	109.6 g	92%
Monounsaturated	75.9 g	No Target
Polyunsaturated	15.3 g	No Target
Omega-3	2.0 g	181%
Omega-6	4.0 g	33%
Saturated	16.0 g	n/a
Trans-Fats	0.0 g	n/a
Cholesterol	26.0 mg	No Target

Protein

Protein	79.5 g	45%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	623.0 IU	27%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

Minerals

Calcium	1590.2 mg	159%
Copper	2.3 mg	253%
Iron	19.1 mg	106%
Magnesium	673.6 mg	210%
Manganese	2.6 mg	145%
Phosphorus	986.0 mg	141%
Potassium	4991.1 mg	106%
Selenium	233.2 µg	424%
Sodium	2671.3 mg	178%
Zinc	20.6 mg	257%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

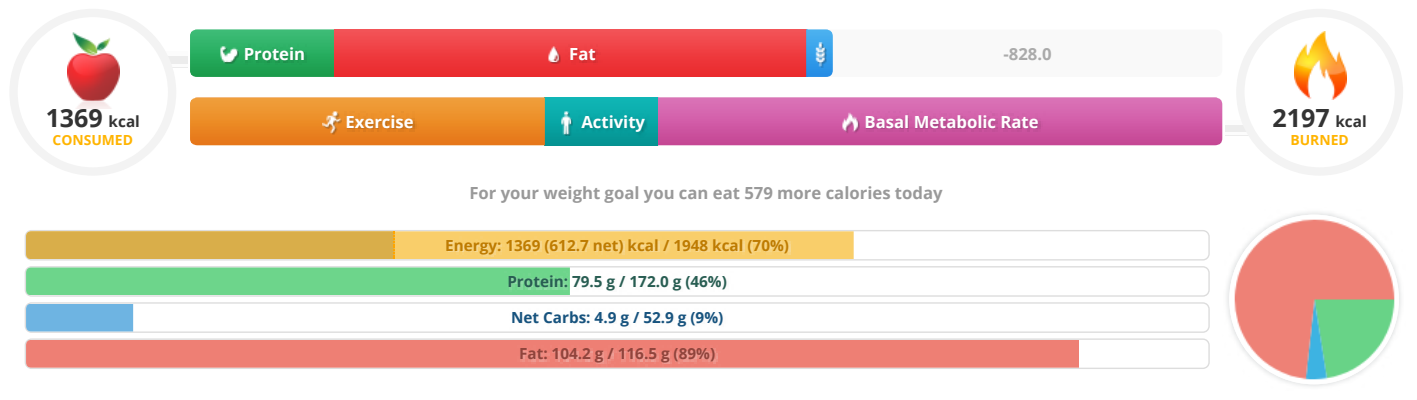


CALCIUM : MAGNESIUM

### Diary for 2018 January 19, Friday

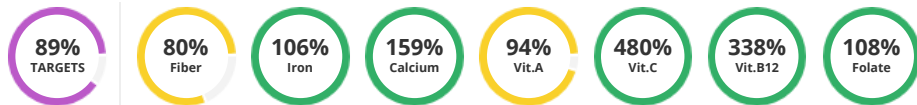
Description	Amount	Unit	Calories
Daily Chef, Whole Kosher Petite Dill Pickles	2	× 2 1/2 PICKLES   ABOUT	0
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	9	minutes	-756.05
Pulse (Fitbit)	67	bpm	
Sleep (Fitbit)	6.97	hours	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	140.4	lbs	
Blood Glucose	55	mg/dL	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	2.5	Tbsp	325.15
Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	5.25	× 15 mL	315
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Diet Mountain Dew	1	can - each 12 fl oz	0
Ketones (Blood)	3.1	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 19, Friday

#### Nutrient Targets



#### General

Energy	1368.7 kcal	70%
Alcohol	0.0 g	No Target
Caffeine	53.3 mg	No Target
Water	354.5 g	13%

#### Carbohydrates

Carbs	24.8 g	32%
Fiber	20.0 g	80%
Net Carbs	4.9 g	9%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

#### Lipids

Fat	104.2 g	90%
Monounsaturated	38.4 g	No Target
Polyunsaturated	7.8 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	39.9 g	39,902 g
Trans-Fats	0.0 g	n/a
Cholesterol	222.3 mg	No Target

#### Protein

Protein	79.5 g	46%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

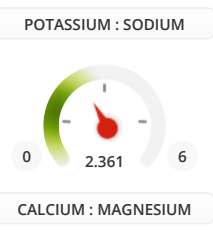
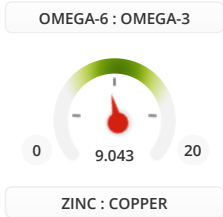
#### Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	2193.0 IU	94%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

#### Minerals

Calcium	1590.2 mg	159%
Copper	2.3 mg	253%
Iron	19.1 mg	106%
Magnesium	673.6 mg	210%
Manganese	2.6 mg	145%
Phosphorus	986.0 mg	141%
Potassium	4991.1 mg	106%
Selenium	233.2 µg	424%
Sodium	3091.3 mg	206%
Zinc	20.6 mg	257%

#### Nutrient Balances



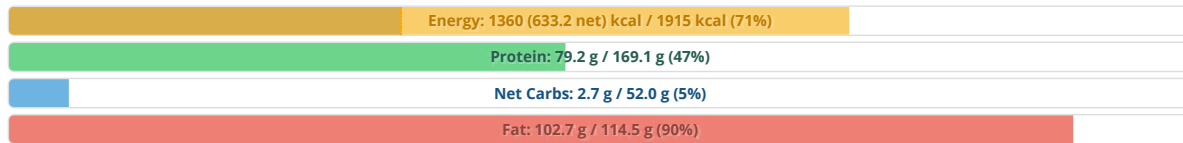
### Diary for 2018 January 20, Saturday

Description	Amount	Unit	Calories
The Kroger Co., Simple Truth Organic, Chicken Broth		0.75 cup	3.6
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		23 minutes	-727.08
Pulse (Fitbit)		65 bpm	
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		139.4 lbs	
Sleep (Fitbit)		6.25 hours	
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		3.75 Tbsp	487.73
Darigold, Whipping Cream, Heavy Classic 40%		7.7 × 15 mL	462
Keto Chow 2.0 - Vanilla		1 Scoop	124
Keto Chow 2.0 - Salted Caramel		1 Scoop	124
Keto Chow 2.0		1 Scoop	124
Ketones (Blood)		1.2 mmol/L	
Crush, Grape Drink Mix		1 packet	5

Calories Summary

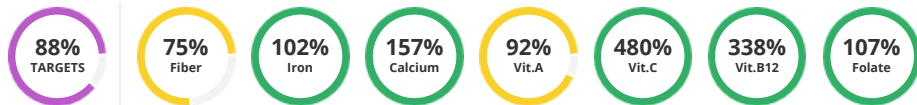


For your weight goal you can eat 555 more calories today



### Nutrients for 2018 January 20, Saturday

Nutrient Targets



General

Energy	1360.3 kcal	71%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	21.5 g	28%
Fiber	18.8 g	75%
Net Carbs	2.7 g	5%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	102.7 g	90%
Monounsaturated	38.1 g	No Target
Polyunsaturated	7.6 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	39.0 g	38,992 g
Trans-Fats	0.0 g	n/a
Cholesterol	220.3 mg	No Target

Protein

Protein	79.2 g	47%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

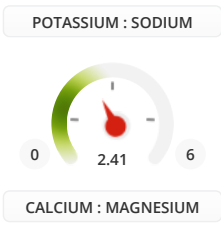
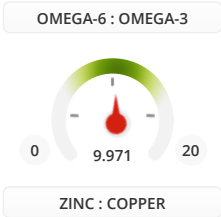
Vitamins

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	2140.0 IU	92%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

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	3061.2 mg	204%
Zinc	20.4 mg	255%

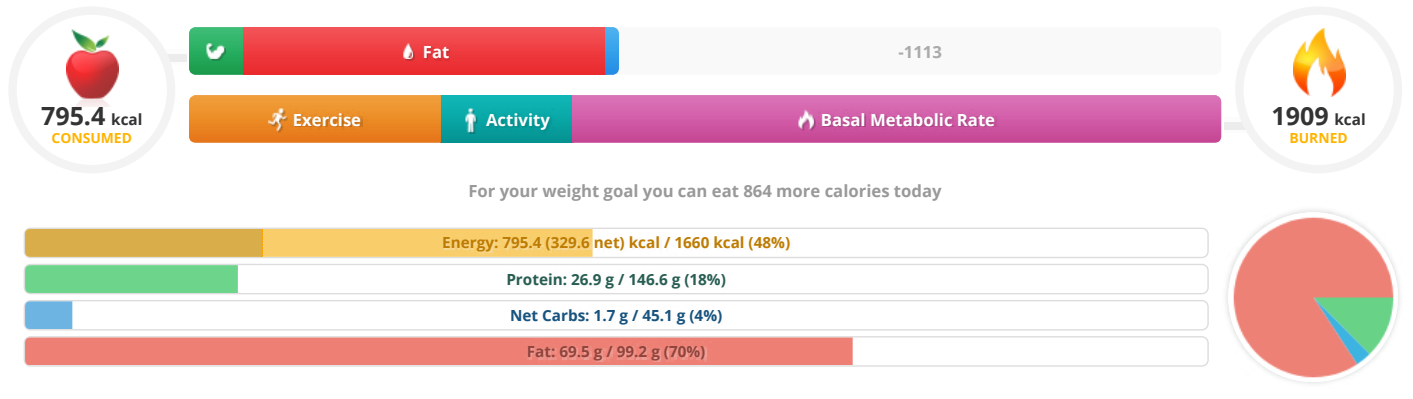
Nutrient Balances



### Diary for 2018 January 21, Sunday

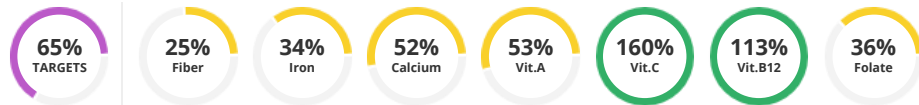
Description	Amount	Unit	Calories
The Kroger Co., Simple Truth Organic, Chicken Broth		0.75 cup	3.6
R. Torre & Co.inc., Sugar Free Raspberry Syrup		1 FL.OZ.	0
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		0 minutes	-465.84
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		140 lbs	
Sleep (Fitbit)		9.77 hours	
Pulse (Fitbit)		65 bpm	
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		1.25 Tbsp	162.58
Darigold, Whipping Cream, Heavy Classic 40%		2.6 × 15 mL	156
White bread, store bought		0.25 g	0.67
Keto Chow 2.0		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		2.6 × 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		1.25 Tbsp	162.58
Ketones (Blood)		2.1 mmol/L	

Calories Summary



### Nutrients for 2018 January 21, Sunday

Nutrient Targets



General

Energy	795.4 kcal	48%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.1 g	0%

Carbohydrates

Carbs	8.0 g	11%
Fiber	6.3 g	25%
Net Carbs	1.7 g	4%
Starch	0.1 g	No Target
Sugars	0.6 g	No Target

Lipids

Fat	69.5 g	70%
Monounsaturated	25.2 g	No Target
Polyunsaturated	5.0 g	No Target
Omega-3	2.0 g	179%
Omega-6	0.1 g	1%
Saturated	26.0 g	26.033 g
Trans-Fats	0.0 g	0.000 g
Cholesterol	153.8 mg	No Target

Protein

Protein	26.9 g	18%
Cystine	0.8 g	122%
Histidine	0.4 g	48%
Isoleucine	1.6 g	131%
Leucine	2.8 g	103%
Lysine	2.8 g	114%
Methionine	0.6 g	94%
Phenylalanine	0.8 g	78%
Threonine	1.8 g	136%
Tryptophan	0.5 g	142%
Tyrosine	0.8 g	73%
Valine	1.3 g	85%

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	1240.0 IU	53%
Vitamin C	120.0 mg	160%
Vitamin D	800.0 IU	133%
Vitamin E	8.0 mg	53%
Vitamin K	40.0 µg	44%

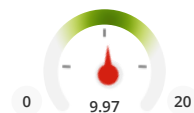
Minerals

Calcium	523.4 mg	52%
Copper	0.7 mg	76%
Iron	6.1 mg	34%
Magnesium	217.1 mg	68%
Manganese	0.8 mg	45%
Phosphorus	319.2 mg	46%
Potassium	1628.3 mg	35%
Selenium	77.7 µg	141%
Sodium	1306.3 mg	87%
Zinc	6.8 mg	85%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



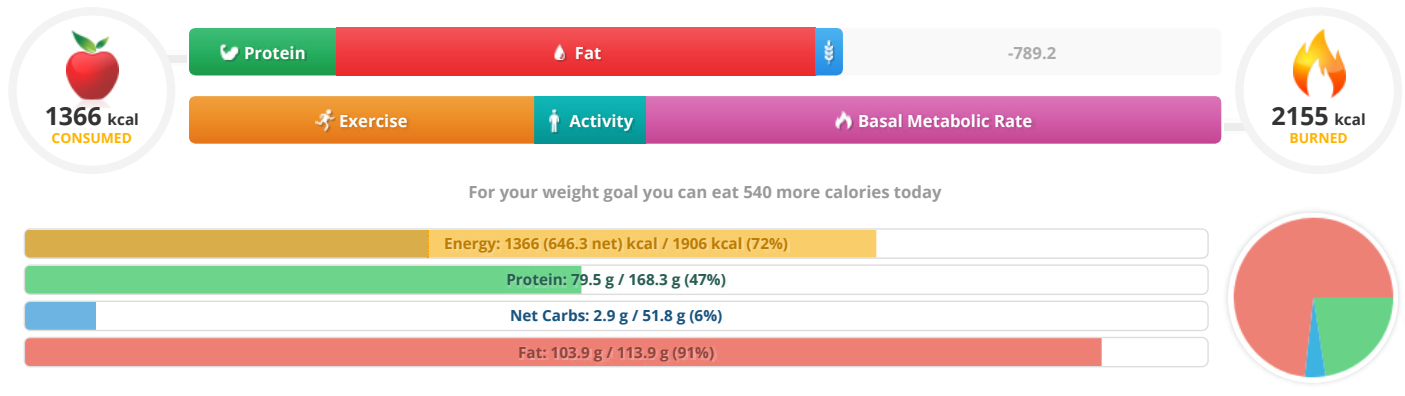
CALCIUM : MAGNESIUM



### Diary for 2018 January 22, Monday

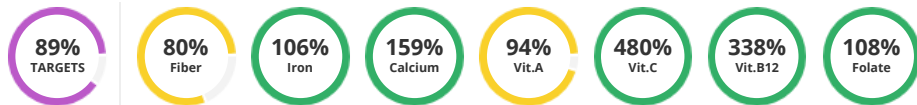
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	10	minutes	-676.47
Fitbit: Walk	20	minutes	-43
Sleep (Fitbit)	7.77	hours	
Pulse (Fitbit)	64	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	139	lbs	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Diet Mountain Dew	1	can - each 12 fl oz	0
Keto Chow 2.0	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Ketones (Blood)	1.6	mmol/L	
Blood Glucose	70	mg/dL	

#### Calories Summary



### Nutrients for 2018 January 22, Monday

**Nutrient Targets**



**General**

Energy	1365.7 kcal	72%
Alcohol	0.0 g	No Target
Caffeine	53.3 mg	No Target
Water	354.5 g	13%

**Carbohydrates**

Carbs	22.8 g	30%
Fiber	20.0 g	80%
Net Carbs	2.9 g	6%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

**Lipids**

Fat	103.9 g	91%
Monounsaturated	38.4 g	No Target
Polyunsaturated	7.8 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	39.7 g	39.702 g
Trans-Fats	0.0 g	n/a
Cholesterol	221.0 mg	No Target

**Protein**

Protein	79.5 g	47%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

**Vitamins**

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	2183.0 IU	94%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

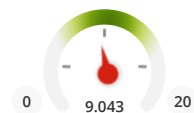
**Minerals**

Calcium	1590.2 mg	159%
Copper	2.3 mg	253%
Iron	19.1 mg	106%
Magnesium	673.6 mg	210%
Manganese	2.6 mg	145%
Phosphorus	986.0 mg	141%
Potassium	4991.1 mg	106%
Selenium	233.2 µg	424%
Sodium	2671.3 mg	178%
Zinc	20.6 mg	257%

**Nutrient Balances**



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

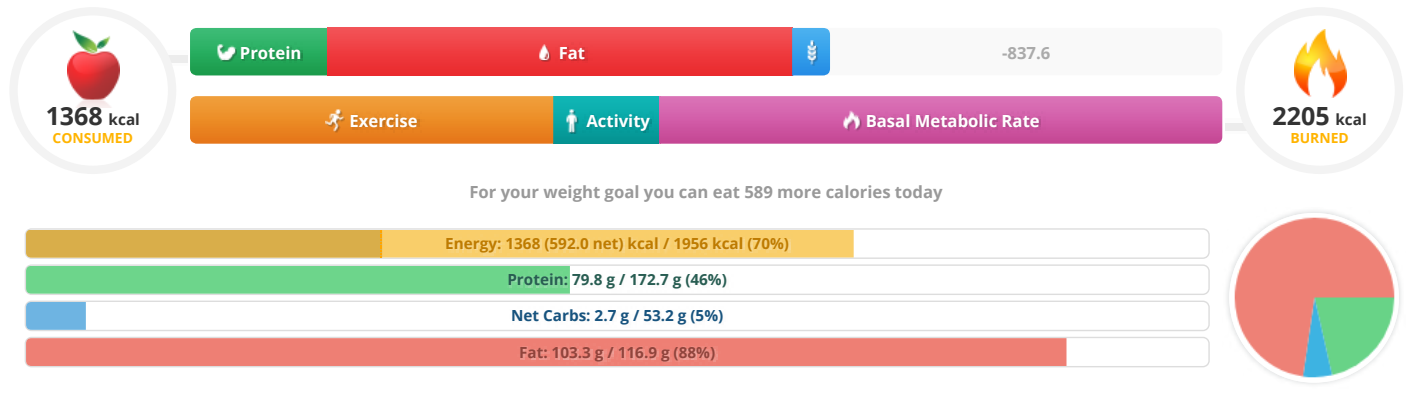


CALCIUM : MAGNESIUM

### Diary for 2018 January 23, Tuesday

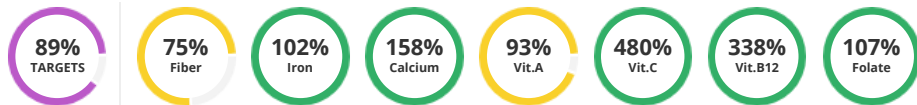
Description	Amount	Unit	Calories
Keto Chow Fish Oil		1 × 2 Pills	30
Fitbit Activity		8 minutes	-680.73
Fitbit: Weights		45 minutes	-95
Sleep (Fitbit)		6.83 hours	
Pulse (Fitbit)		65 bpm	
Body Fat (Fitbit)		38 %	
Weight (Fitbit)		139 lbs	
Keto Chow 2.0		1 Scoop	124
Keto Chow 2.0		1 Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%		2.6 × 15 mL	156
Darigold, Whipping Cream, Heavy Classic 40%		2.6 × 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		1.25 Tbsp	162.58
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		1.25 Tbsp	162.58
Diet Mountain Dew		1 can - each 12 fl oz	0
No Name, Chicken Broth		1 cup (250 ml)	10
Ketones (Blood)		2.1 mmol/L	
Keto Chow 2.0		1 Scoop	124
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil		1.25 Tbsp	162.58
Darigold, Whipping Cream, Heavy Classic 40%		2.6 × 15 mL	156

Calories Summary



### Nutrients for 2018 January 23, Tuesday

Nutrient Targets



General

Energy	1367.7 kcal	70%
Alcohol	0.0 g	No Target
Caffeine	53.3 mg	No Target
Water	354.5 g	13%

Carbohydrates

Carbs	21.5 g	28%
Fiber	18.8 g	75%
Net Carbs	2.7 g	5%
Starch	0.0 g	No Target
Sugars	2.7 g	No Target

Lipids

Fat	103.3 g	88%
Monounsaturated	38.1 g	No Target
Polyunsaturated	7.6 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	39.4 g	39.392 g
Trans-Fats	0.0 g	n/a
Cholesterol	221.0 mg	No Target

Protein

Protein	79.8 g	46%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

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	2160.0 IU	93%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

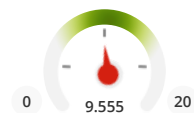
Minerals

Calcium	1583.2 mg	158%
Copper	2.1 mg	237%
Iron	18.4 mg	102%
Magnesium	654.6 mg	205%
Manganese	2.5 mg	137%
Phosphorus	957.0 mg	137%
Potassium	4891.1 mg	104%
Selenium	232.8 µg	423%
Sodium	3640.3 mg	243%
Zinc	20.4 mg	255%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

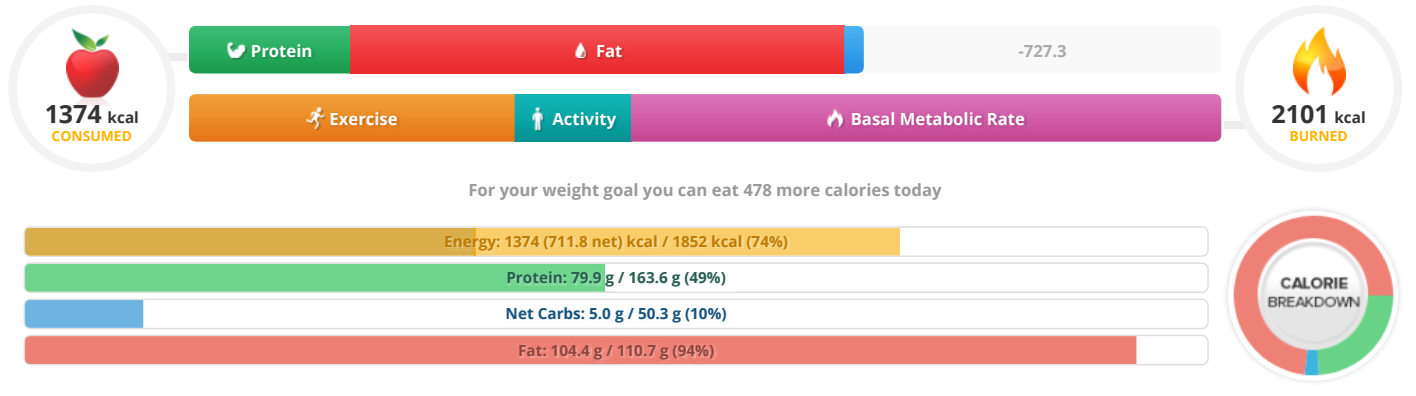


CALCIUM : MAGNESIUM

### Diary for 2018 January 24, Wednesday

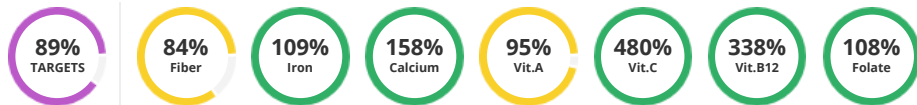
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	15	minutes	-661.92
Pulse (Fitbit)	65	bpm	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	139	lbs	
Sleep (Fitbit)	6.93	hours	
Keto Chow, 2.0, Chocolate	1	Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Keto Chow, 2.0, Chocolate	1	Scoop	132
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Daily Chef, Whole Kosher Petite Dill Pickles	1	× 2 1/2 PICKLES   ABOUT	0
Ketones (Blood)	1.9	mmol/L	
Blood Glucose	69	mg/dL	
Keto Chow 2.0 - Salted Caramel	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Clear American, Sparkling Water Beverage, Orange Cream	1	can (355 ml)	0

Calories Summary



### Nutrients for 2018 January 24, Wednesday

Nutrient Targets



**General**

Energy	1373.7 kcal	74%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

**Carbohydrates**

Carbs	26.2 g	35%
Fiber	21.1 g	84%
Net Carbs	5.0 g	10%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

**Lipids**

Fat	104.4 g	94%
Monounsaturated	38.6 g	No Target
Polyunsaturated	8.0 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.3 g	2%
Saturated	40.0 g	40.012 g
Trans-Fats	0.0 g	n/a
Cholesterol	221.0 mg	No Target

**Protein**

Protein	79.9 g	49%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

**Vitamins**

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	4.3 mg	390%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.5 mg	194%
B12 (Cobalamin)	8.1 µg	338%
Folate	431.0 µg	108%
Vitamin A	2206.0 IU	95%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

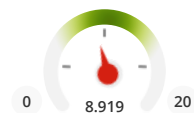
**Minerals**

Calcium	1583.0 mg	158%
Copper	2.3 mg	259%
Iron	19.7 mg	109%
Magnesium	689.0 mg	215%
Manganese	2.7 mg	150%
Phosphorus	1015.0 mg	145%
Potassium	5084.0 mg	108%
Selenium	233.6 µg	425%
Sodium	2861.0 mg	191%
Zinc	20.8 mg	260%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM

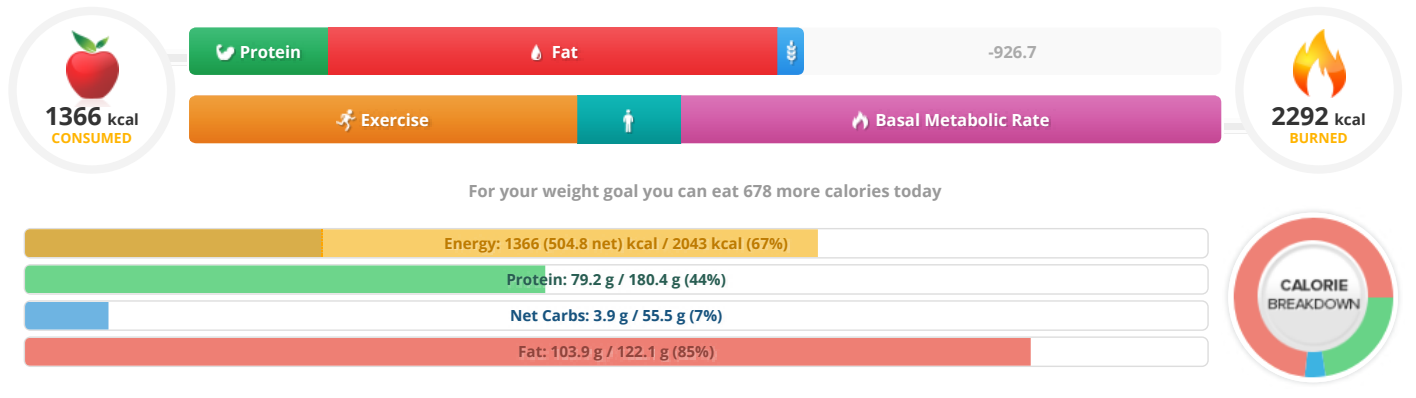


CALCIUM : MAGNESIUM

### Diary for 2018 January 25, Thursday

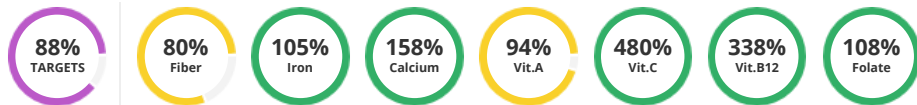
Description	Amount	Unit	Calories
Keto Chow Fish Oil	1	× 2 Pills	30
Fitbit Activity	46	minutes	-860.96
Sleep (Fitbit)	7.12	hours	
Body Fat (Fitbit)	38	%	
Weight (Fitbit)	137.8	lbs	
Pulse (Fitbit)	65	bpm	
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Keto Chow, 2.0, Chocolate	1	Scoop	132
Keto Chow 2.0	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
R. Torre & Co.inc., Sugar Free Raspberry Syrup	1	FL.OZ.	0
Keto Chow 2.0 - Cookies and Cream	1	Scoop	124
Darigold, Whipping Cream, Heavy Classic 40%	2.6	× 15 mL	156
Topo-logic Systems, Inc., Chosen Foods, Avocado Oil	1.25	Tbsp	162.58
Ketones (Blood)	1.9	mmol/L	

#### Calories Summary



### Nutrients for 2018 January 25, Thursday

Nutrient Targets



General

Energy	1365.7 kcal	67%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	0.0 g	0%

Carbohydrates

Carbs	23.8 g	29%
Fiber	20.0 g	80%
Net Carbs	3.9 g	7%
Starch	0.0 g	No Target
Sugars	1.7 g	No Target

Lipids

Fat	103.9 g	85%
Monounsaturated	38.4 g	No Target
Polyunsaturated	7.8 g	No Target
Omega-3	2.0 g	181%
Omega-6	0.2 g	2%
Saturated	39.7 g	39.702 g
Trans-Fats	0.0 g	n/a
Cholesterol	221.0 mg	No Target

Protein

Protein	79.2 g	44%
Cystine	2.3 g	365%
Histidine	1.3 g	143%
Isoleucine	4.9 g	393%
Leucine	8.4 g	308%
Lysine	8.4 g	340%
Methionine	1.7 g	281%
Phenylalanine	2.5 g	234%
Threonine	5.3 g	407%
Tryptophan	1.4 g	427%
Tyrosine	2.3 g	218%
Valine	4.0 g	256%

Vitamins

B1 (Thiamine)	2.1 mg	191%
B2 (Riboflavin)	3.9 mg	352%
B3 (Niacin)	21.0 mg	150%
B5 (Pantothenic Acid)	14.7 mg	294%
B6 (Pyridoxine)	2.6 mg	196%
B12 (Cobalamin)	8.1 µg	338%
Folate	430.0 µg	108%
Vitamin A	2183.0 IU	94%
Vitamin C	360.0 mg	480%
Vitamin D	2400.0 IU	400%
Vitamin E	24.0 mg	160%
Vitamin K	120.0 µg	133%

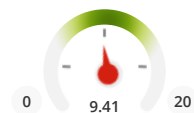
Minerals

Calcium	1576.0 mg	158%
Copper	2.2 mg	243%
Iron	19.0 mg	105%
Magnesium	670.0 mg	209%
Manganese	2.5 mg	142%
Phosphorus	986.0 mg	141%
Potassium	4984.0 mg	106%
Selenium	233.2 µg	424%
Sodium	2659.9 mg	177%
Zinc	20.6 mg	257%

Nutrient Balances



OMEGA-6 : OMEGA-3



ZINC : COPPER



POTASSIUM : SODIUM



CALCIUM : MAGNESIUM