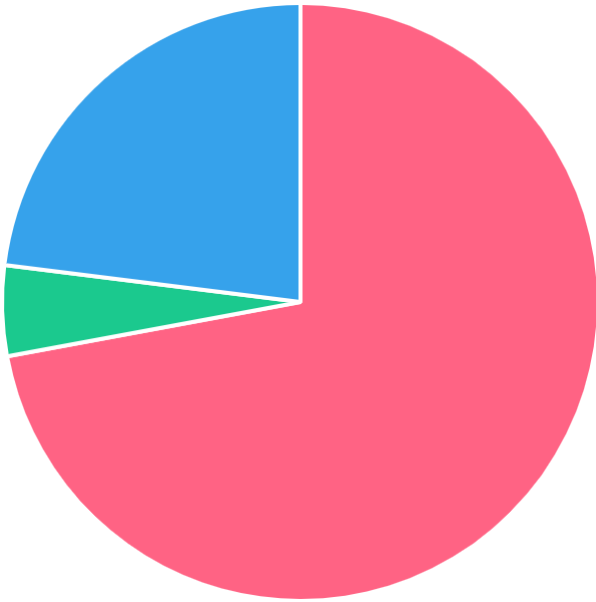


July 29th, 2020



23g of 25g Net Carbs

33g Total Carbs

10g Fiber









151g of 155g Fat

108g of 124g Protein





1905 of 1988 Net Calories

23g of 25g Net Carbs
2g remaining










My Meals

	Net Carbs	Fat	Protein	Net Calories	
Breakfast	4g	29g	19g	359	⋮
 Raw Egg 2 large	1g	11g	13g	155	⋮
 Ghee 1 tablespoon	--	13g	--	112	⋮
 Bacon 2 slice - 6" long	--	6g	5g	75	⋮
 Tomato Raw (includes Cherry, Grape, Roma) ½ cup	2g	--	1g	16	⋮
 Basil 1 tablespoon	--	--	--	1	⋮
Lunch	6g	24g	13g	297	⋮
 Arugula 1 cup	--	--	1g	5	⋮
 Spinach 1 cup	--	--	1g	7	⋮
 Extra Virgin Olive Oil 1 tablespoon	--	14g	--	119	⋮
 Balsamic Vinegar ½ tablespoon	1g	--	--	7	⋮



My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Bacon 2 slice - 6" long	--	6g	5g	75	⋮
 Tomato Raw (includes Cherry, Grape, Roma) 2/3 cup	3g	--	1g	22	⋮
 Mozzarella 1 ounce	1g	4g	5g	57	⋮
 Dijon Mustard 1 teaspoon	--	--	--	5	⋮


Dinner

	9g	77g	64g	997	⋮
 Cod 8 ounce	--	2g	52g	238	⋮
 Pork Panko by Bacon's Heir 1 x 1/2 oz	--	6g	8g	80	⋮
 Avocado Oil 2 tablespoon	--	27g	--	241	⋮
 Zucchini 1 cup	3g	1g	2g	27	⋮
 Mayo 2 tablespoon	--	21g	--	187	⋮
 Pickles 1 sandwich slice	--	--	--	2	⋮
 Cabbage 1 cup	5g	--	2g	35	⋮
 Mayo 2 tablespoon	--	21g	--	187	⋮
 Lemon Juice 1 teaspoon	--	--	--	1	⋮

Snack 1

	3g	9g	3g	99	⋮
 Mixed Nut Butter by Trader Joe's 1 tbsp	3g	9g	3g	95	⋮
 Raspberries, Fresh, Red 1 tablespoon, whole pieces	--	--	--	4	⋮



Snack 2

	--	6g	9g	100	⋮
 Snack Sticks Original Flavor Beef by Chomps 1 serving	--	6g	9g	100	⋮

Snack 3

	1g	5g	--	53	⋮
--	-----------	-----------	----	-----------	----------

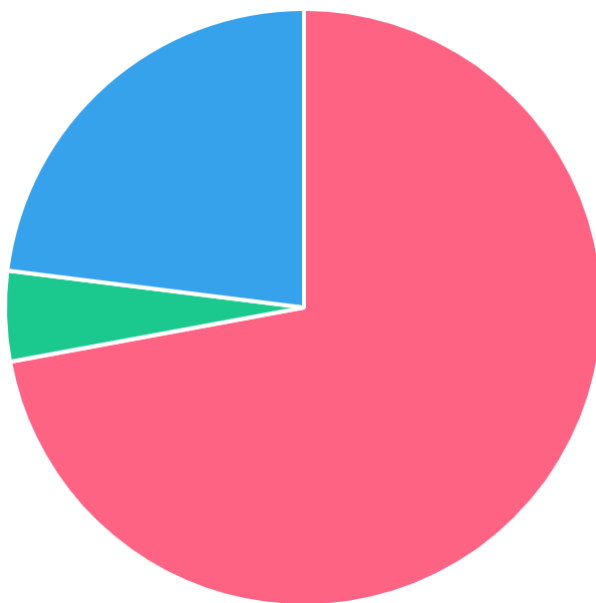
My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Herbal Tea 8 fluid ounce	--	--	--	2	⋮
 Heavy Cream 1 tablespoon	--	5g	--	51	⋮
Supplements	--	--	--	--	⋮
Subtotal	23g	151g	108g	1905	
Exercise	--	--	--	--	⋮
Total	23g	151g	108g	1905	

My Notes

My Macros

Actuals ▼



5% Net Carbs
23g - 92 Calories

















72% Fat
151g - 1355 Calories








23% Protein
108g - 433 Calories

Macronutrient ratios are based on the share of calories in your diet, with carbs and protein contributing 4 calories / gram, and fat 9 calories / gram. The total may vary somewhat from your recorded calorie intake due to variability in how nutrition labels derive calories from macronutrients.

My Foods

Net Carbs ▼

Food	Value	% Total
 Cabbage	5.4g	23.6%
 Tomato Raw (includes Cherry, Grape, Roma)	5.4g	23.5%
 Zucchini	3.0g	12.9%
 Mixed Nut Butter by Trader Joe's	2.5g	10.9%
 Balsamic Vinegar	1.4g	5.9%
 Raw Egg	1.1g	4.8%
 Mozzarella	0.6g	2.5%
 Bacon	0.5g	2.3%
 Herbal Tea	0.5g	2.1%
 Spinach	0.4g	1.8%
 Raspberries, Fresh, Red	0.4g	1.8%
 Heavy Cream	0.4g	1.8%
 Arugula	0.4g	1.8%
 Lemon Juice	0.3g	1.5%
 Mayo	0.3g	1.3%
 Pickles	0.2g	0.8%

Food		Value	% Total
 Dijon Mustard		0.2g	0.7%
 Basil		0.0g	0.1%
 Cod		--	--
 Extra Virgin Olive Oil		--	--
 Snack Sticks Original Flavor Beef by Chomps		--	--
 Avocado Oil		--	--
 Ghee		--	--
 Pork Panko by Bacon's Heir		--	--
Total		23.0g	100%

These are the foods you've eaten this day, sorted by the amount they've contributed to your Net Carbs. Use this table to determine which foods are adding the most (and the least) to your totals for the day.

My Nutrition Totals

Nutrient	Value	% Goal
Calories	1905.3	95.8%
Total Carbs	33.4g	---
Net Carbs ⓘ	23.0g	91.9%
Diab. Net Carbs ⓘ	23.2g	---
Fiber	10.0g	---
Starch	0.2g	---
Sugar	17.8g	---

Nutrient	Value	% Goal
Added Sugar	0.5g	---
Sugar Alcohols	0.4g	---
Protein	108.2g	87.3%
Fat	150.6g	97.2%
Monounsat. Fat	57.5g	---
Polyunsat. Fat	37.6g	---
Omega-3 Fat	4.4g	---
Omega-6 Fat	30.8g	---
Saturated Fat	36.8g	---
Trans Fat	0.9g	---
Cholesterol	642.1mg	---
Glycemic Load	9.2	---
Calcium	332.1mg	---
Iron	7.4mg	---
Magnesium	239.9mg	---
Phosphorus	834.8mg	---
Potassium	2554.2mg	---
Sodium	1855.6mg	---
Zinc	5.2mg	---
Copper	0.5mg	---
Selenium	137.0mcg	---
Vitamin A	760.5mcg	---
Vit B1 (Thiamin)	0.8mg	---
Vit B2 (Riboflavin)	1.0mg	---

Nutrient	Value	% Goal
Vit B3 (Niacin)	12.1mg	---
Vitamin B5	3.5mg	---
Vitamin B6	1.5mg	---
Vitamin B12	3.9mcg	---
Vitamin C	127.1mg	---
Vitamin D	5.3mcg	---
Vitamin E	13.1mg	---
Vitamin K	492.9mcg	---
Folate	279.0mcg	---
Choline	611.0mg	---

Please note that some foods in our database do not contain full nutrition info. As a result, the above totals may be less than the actual values you've consumed. Please check the nutrition on individual foods to see if they contain the nutrients you'd like to track.
