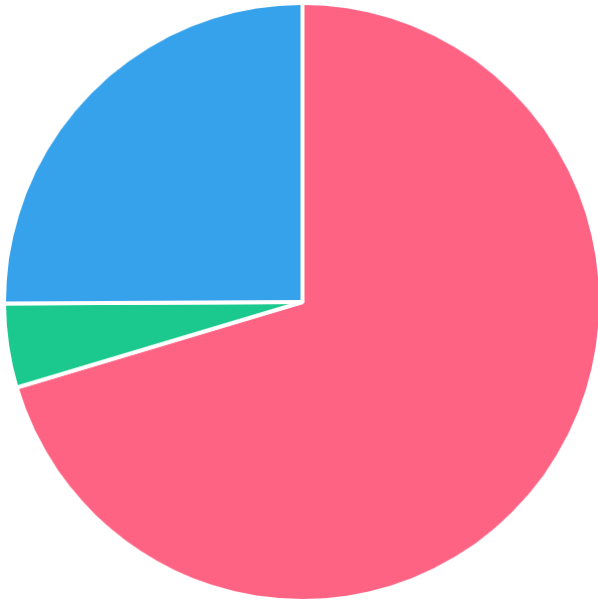


# August 12th, 2020



23g of 25g Net Carbs

56g Total Carbs

21g Fiber

156g of 155g Fat

125g of 124g Protein














2066 of 1988 Net Calories

23g of 25g Net Carbs  
2g remaining





## My Meals

	Net Carbs	Fat	Protein	Net Calories	
<b>Breakfast</b>	<b>7g</b>	<b>30g</b>	<b>18g</b>	<b>388</b>	⋮
 Organic Baby Arugula by Earthbound Farm 1 cups	1g	--	2g	15	⋮
 Extra Virgin Olive Oil ½ tablespoon	--	7g	--	60	⋮
 Red Wine Vinegar ½ tablespoon	--	--	--	1	⋮
 Avocado ½ each	1g	10g	1g	114	⋮
 Onion, White, Yellow Or Red, Raw ¼ cup	3g	--	--	16	⋮
 Tomato Raw (includes Cherry, Grape, Roma) ¼ cup	1g	--	--	8	⋮
 Raw Egg 2 medium	1g	9g	11g	136	⋮
 Bacon 1 slice - 6" long	--	3g	3g	37	⋮
<b>Lunch</b>	<b>2g</b>	<b>12g</b>	<b>13g</b>	<b>188</b>	⋮
 Trader Joe's Cauliflower Thins 1 x 2	1g	5g	9g	100	⋮

## My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Marinara Sauce by Rao's Homemade 2 tablespoon	1g	2g	--	23	⋮
 Mozzarella Cheese ½ ounce	--	3g	3g	45	⋮
 Pepperoni 2 slice - each 0.1 ounce	--	2g	1g	20	⋮
<b>Dinner</b>	<b>9g</b>	<b>74g</b>	<b>70g</b>	<b>1008</b>	<b>⋮</b>
 Chicken Thigh, Skin Eaten 8 ounce	--	30g	64g	542	⋮
 Parsley 2 tablespoon	--	--	--	3	⋮
 Pecans ⅛ cup	1g	9g	1g	88	⋮
 Extra Virgin Olive Oil 1-½ tablespoon	--	20g	--	179	⋮
 Orange Juice ½ tablespoon	1g	--	--	3	⋮
 Radish 1 cup	2g	--	1g	19	⋮
 Extra Virgin Olive Oil 1 tablespoon	--	14g	--	119	⋮
 Broccoli 1 cup	6g	1g	4g	55	⋮
<b>Snack 1</b>	<b>--</b>	<b>5g</b>	<b>--</b>	<b>51</b>	<b>⋮</b>
 Organic Earl Gray Tea by Trader Joe's 1 tea bag					⋮
 Heavy Cream 1 tablespoon	--	5g	--	51	⋮
<b>Snack 2</b>	<b>1g</b>	<b>13g</b>	<b>11g</b>	<b>165</b>	<b>⋮</b>
 Uncured Salame Di Parma Mild Salami by Trader Joe's 2 slices	1g	3g	4g	45	⋮
 New Zealand Grass Fed Sharp Cheddar by Trader Joe's 1 serving	--	10g	7g	120	⋮
<b>Snack 3</b>	<b>3g</b>	<b>22g</b>	<b>13g</b>	<b>267</b>	<b>⋮</b>
 Decaf Coffee 12 fluid ounce	--	--	--	--	⋮

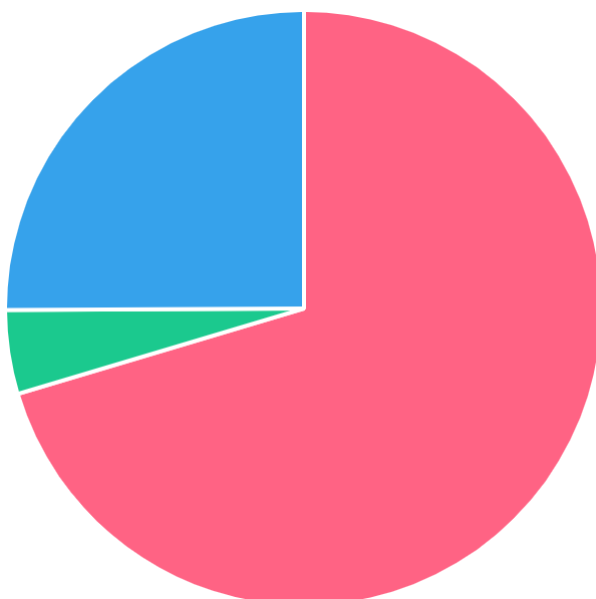
## My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Heavy Cream 4 tablespoon	2g	21g	2g	202	⋮
 Cacao Powder Raw Chocolate Powder Certified Organic by Navitas 1 tbsp	1g	1g	2g	24	⋮
 Classic Monkfruit Sweetener With Erythritol by Lakanto 3 tsp	--	--	--	6	⋮
 Collagen Peptides Unflavored by Vital Proteins 1 scoops	--	--	9g	35	⋮
<b>Supplements</b>	--	--	--	--	⋮
<b>Subtotal</b>	<b>23g</b>	<b>156g</b>	<b>125g</b>	<b>2066</b>	
<b>Exercise</b>	--	--	--	--	⋮
<b>Total</b>	<b>23g</b>	<b>156g</b>	<b>125g</b>	<b>2066</b>	

## My Notes

## My Macros

Actuals ▼



5% Net Carbs  
23g - 91 Calories















70% Fat  
156g - 1403 Calories












25% Protein  
125g - 500 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
 Broccoli	6.0g	26.7%
 Onion, White, Yellow Or Red, Raw	3.1g	13.7%
 Heavy Cream	2.0g	9.0%
 Radish	2.0g	8.6%
 Avocado	1.2g	5.4%
 Cacao Powder Raw Chocolate Powder Certified Organic by Navitas	1.2g	5.3%
 Tomato Raw (includes Cherry, Grape, Roma)	1.2g	5.1%
 Trader Joe's Cauliflower Thins	1.0g	4.4%
 Marinara Sauce by Rao's Homemade	1.0g	4.4%
 Raw Egg	1.0g	4.3%
 Orange Juice	0.8g	3.4%
 Pecans	0.5g	2.3%
 Organic Baby Arugula by Earthbound Farm	0.5g	2.2%
 Uncured Salame Di Parma Mild Salami by Trader Joe's	0.5g	2.2%

Food		Value	% Total
 Mozzarella Cheese		0.3g	1.5%
 Parsley		0.2g	1.0%
 Bacon		0.1g	0.6%
 Pepperoni		0.0g	0.2%
 Red Wine Vinegar		0.0g	0.1%
 Decaf Coffee		--	--
 Classic Monkfruit Sweetener With Erythritol by Lakanto		--	--
 New Zealand Grass Fed Sharp Cheddar by Trader Joe's		--	--
 Collagen Peptides Unflavored by Vital Proteins		--	--
 Extra Virgin Olive Oil		--	--
 Chicken Thigh, Skin Eaten		-0.1g	-0.4%
<b>Total</b>		<b>22.7g</b>	<b>100%</b>

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	2065.8	103.9%
Total Carbs	55.9g	---
Net Carbs 	22.7g	90.6%

<b>Nutrient</b>	<b>Value</b>	<b>% Goal</b>
Diab. Net Carbs ⓘ	28.9g	---
Fiber	20.8g	---
Starch	0.2g	---
Sugar	14.2g	---
Added Sugar	0.1g	---
Sugar Alcohols	12.4g	---
Protein	125.0g	100.8%
Fat	155.9g	100.6%
Monounsat. Fat	66.2g	---
Polyunsat. Fat	18.5g	---
Omega-3 Fat	1.5g	---
Omega-6 Fat	17.0g	---
Saturated Fat	52.0g	---
Trans Fat	1.8g	---
Cholesterol	755.8mg	---
Glycemic Load	8.3	---
Calcium	696.7mg	---
Iron	10.4mg	---
Magnesium	224.5mg	---
Phosphorus	897.4mg	---
Potassium	2734.9mg	---
Sodium	1691.7mg	---
Zinc	10.2mg	---
Copper	0.7mg	---

<b>Nutrient</b>	<b>Value</b>	<b>% Goal</b>
Selenium	80.6mcg	---
Vitamin A	1079.2mcg	---
Vit B1 (Thiamin)	0.6mg	---
Vit B2 (Riboflavin)	1.5mg	---
Vit B3 (Niacin)	21.0mg	---
Vitamin B5	6.7mg	---
Vitamin B6	1.7mg	---
Vitamin B12	2.0mcg	---
Vitamin C	213.9mg	---
Vitamin D	3.5mcg	---
Vitamin E	13.5mg	---
Vitamin K	396.4mcg	---
Folate	347.0mcg	---
Choline	556.8mg	---

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.

---