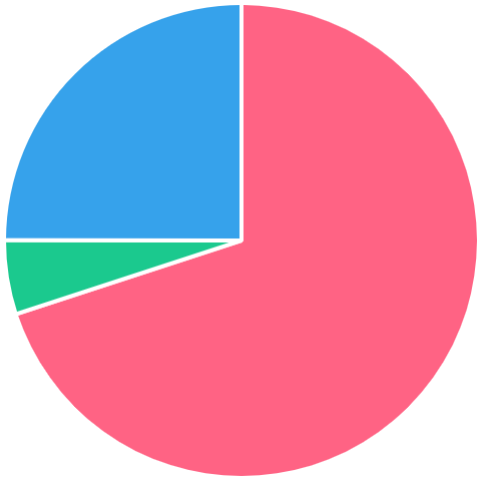


# September 2nd, 2020



25g of 25g Net Carbs

56g Total Carbs

18g Fiber










153g of 155g Fat

123g of 124g Protein










2144 of 1988 Net Calories

25g of 25g Net Carbs  
0g remaining

## My Meals

|  | Net Carbs | Fat        | Protein    | Net Calories |          |
|--|-----------|------------|------------|--------------|----------|
| <b>Breakfast</b>   | <b>3g</b> | <b>39g</b> | <b>28g</b> | <b>484</b>   | <b>⋮</b> |
|  Raw Egg<br>3 medium   | 1g        | 14g        | 17g        | 205          | ⋮        |
|  Ghee<br>1 tablespoon  | --        | 13g        | --         | 112          | ⋮        |
|  Spinach<br>1 cup  | --        | --         | 1g         | 7            | ⋮        |
|  Mild Breakfast Sausage Links by Pederson's<br>3 links           | --        | 12g        | 11g        | 150          | ⋮        |
|  Gut Shot Ginger Beet by Farmhouse Culture<br>1.5 fl oz          | 1g        | --         | --         | 10           | ⋮        |
| <b>Lunch</b>   | <b>3g</b> | <b>25g</b> | <b>17g</b> | <b>292</b>   | <b>⋮</b> |
|  Tomato<br>½ cup   | 2g        | --         | 1g         | 16           | ⋮        |
|  Tuna, Canned, Light, Water Pack, Drained, Not Rinsed<br>3 ounce | --        | 1g         | 17g        | 73           | ⋮        |
|  Primal Kitchen Mayo- Made With Avocado Oil<br>2 x 1 tbsp        | --        | 24g        | --         | 200          | ⋮        |
|  Cucumber<br>2 tablespoon  | --        | --         | --         | 3            | ⋮        |

## My Meals

|   | Net Carbs  | Fat         | Protein     | Net Calories |          |
|---|------------|-------------|-------------|--------------|----------|
| <b>Dinner</b>   | <b>8g</b>  | <b>27g</b>  | <b>32g</b>  | <b>433</b>   | <b>:</b> |
|  Natural Heaven Angel Hair Heart Of Palm Pasta<br>1-¼ servings              | 3g         | --          | 1g          | 31           | :        |
|  Tastes Lovely Sheet Pan Marinara Sauce<br>Manually inputted                | 4g         | 6g          | 1g          | 79           | :        |
|  Hamburger Or Ground Beef, 85% Lean<br>4 ounce                              | --         | 16g         | 29g         | 272          | :        |
|  Avocado Oil<br>1 teaspoon  | --         | 5g          | --          | 40           | :        |
|  Gut Shot Ginger Beet by Farmhouse Culture<br>1.5 fl oz                     | 1g         | --          | --          | 10           | :        |
| <b>Snack 1</b>  | <b>2g</b>  | <b>11g</b>  | <b>20g</b>  | <b>201</b>   | <b>:</b> |
|  Mushroom Coffee With Lions Mane & Chaga by Four Sigmatic<br>1 packet       |            |             |             |              | :        |
|  Heavy Cream<br>2 tablespoon  | 1g         | 11g         | 1g          | 101          | :        |
|  Classic Sweetener With Monk Fruit by Lakanto<br>1 tablespoon              | --         | --          | --          | 6            | :        |
|  Cacao Powder Raw Chocolate Powder Certified Organic by Navitas<br>1 tbsp | 1g         | 1g          | 2g          | 24           | :        |
|  Collagen Peptides Unflavored by Vital Proteins<br>2 scoops               | --         | --          | 18g         | 70           | :        |
| <b>Snack 2</b>  | <b>6g</b>  | <b>45g</b>  | <b>22g</b>  | <b>524</b>   | <b>:</b> |
|  Cheese Stringles Colby Jack Sticks by Organic Valley<br>1 unit           | --         | 9g          | 7g          | 110          | :        |
|  Almonds, Raw<br>½ cup  | 6g         | 36g         | 15g         | 414          | :        |
| <b>Snack 3</b>  | <b>3g</b>  | <b>6g</b>   | <b>3g</b>   | <b>210</b>   | <b>:</b> |
|  Red Bell Peppers, Raw<br>⅓ cup   | 2g         | --          | --          | 15           | :        |
|  Tastes Lovely Ranch Dressing<br>Manually inputted                        | 1g         | 6g          | 3g          | 195          | :        |
| <b>Supplements</b>  | <b>--</b>  | <b>--</b>   | <b>--</b>   | <b>--</b>    | <b>:</b> |
| <b>Subtotal</b>   | <b>25g</b> | <b>153g</b> | <b>123g</b> | <b>2144</b>  |          |

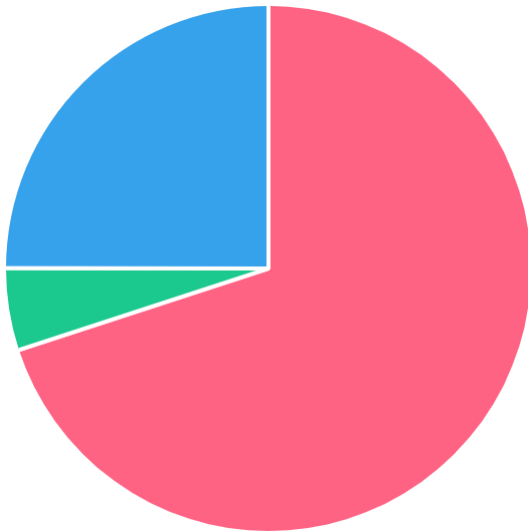
## My Meals

|              | Net Carbs  | Fat         | Protein     | Net Calories |   |
|--------------|------------|-------------|-------------|--------------|---|
| Exercise     | --         | --          | --          | --           | ⋮ |
| <b>Total</b> | <b>25g</b> | <b>153g</b> | <b>123g</b> | <b>2144</b>  |   |

## My Notes

## My Macros

Actuals ▼



5% Net Carbs  
25g - 99 Calories

70% Fat  
153g - 1377 Calories


















25% Protein  
123g - 491 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 |
|--|-------|---------|
|  Almonds, Raw                 | 6.3g  | 25.3%   |
|  Tastes Lovely Ranch Dressing | 5.5g  | 22.2%   |

| <b>Food</b>  | <b>Value</b> | <b>% Total</b> |
|--|--------------|----------------|
|  Natural Heaven Angel Hair Heart Of Palm Pasta                  | 2.5g         | 10.1%          |
|  Tomato   | 2.3g         | 9.3%           |
|  Gut Shot Ginger Beet by Farmhouse Culture                      | 2.0g         | 8.1%           |
|  Red Bell Peppers, Raw  | 1.9g         | 7.7%           |
|  Raw Egg  | 1.5g         | 5.9%           |
|  Cacao Powder Raw Chocolate Powder Certified Organic by Navitas | 1.2g         | 4.8%           |
|  Heavy Cream  | 0.8g         | 3.3%           |
|  Cucumber   | 0.4g         | 1.8%           |
|  Spinach  | 0.4g         | 1.7%           |
|  Mild Breakfast Sausage Links by Pederson's                   | --           | --             |
|  Primal Kitchen Mayo- Made With Avocado Oil                   | --           | --             |
|  Cheese Stringles Colby Jack Sticks by Organic Valley         | --           | --             |
|  Classic Sweetener With Monk Fruit by Lakanto                 | --           | --             |
|  Ghee   | --           | --             |
|  Avocado Oil  | --           | --             |
|  Collagen Peptides Unflavored by Vital Proteins               | --           | --             |
|  Tuna, Canned, Light, Water Pack, Drained, Not Rinsed         | -0.0g        | -0.0%          |

| Food   |  | Value | % Total |
|--|--|-------|---------|
|  Hamburger Or Ground Beef, 85% Lean |  | -0.0g | -0.2%   |
| <b>Total</b>   |  | 24.8g | 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          | 2144.1  | 107.9% |
| Total Carbs       | 55.6g   | ---    |
| Net Carbs ⓘ       | 24.8g   | 99.3%  |
| Diab. Net Carbs ⓘ | 31.0g   | ---    |
| Fiber             | 18.3g   | ---    |
| Starch            | 0.7g    | ---    |
| Sugar             | 16.6g   | ---    |
| Sugar Alcohols    | 12.4g   | ---    |
| Protein           | 122.9g  | 99.1%  |
| Fat               | 153.0g  | 98.7%  |
| Monounsat. Fat    | 44.7g   | ---    |
| Polyunsat. Fat    | 13.1g   | ---    |
| Omega-3 Fat       | 0.6g    | ---    |
| Omega-6 Fat       | 12.5g   | ---    |
| Saturated Fat     | 46.3g   | ---    |
| Trans Fat         | 1.5g    | ---    |
| Cholesterol       | 786.7mg | ---    |

| <b>Nutrient</b>     | <b>Value</b> | <b>% Goal</b> |
|---------------------|--------------|---------------|
| Glycemic Load       | 4.1          | ---           |
| Calcium             | 619.1mg      | ---           |
| Iron                | 11.4mg       | ---           |
| Magnesium           | 334.9mg      | ---           |
| Phosphorus          | 971.4mg      | ---           |
| Potassium           | 2147.6mg     | ---           |
| Sodium              | 1632.9mg     | ---           |
| Zinc                | 12.1mg       | ---           |
| Copper              | 1.0mg        | ---           |
| Selenium            | 128.7mcg     | ---           |
| Vitamin A           | 791.8mcg     | ---           |
| Vit B1 (Thiamin)    | 0.4mg        | ---           |
| Vit B2 (Riboflavin) | 1.9mg        | ---           |
| Vit B3 (Niacin)     | 18.2mg       | ---           |
| Vitamin B5          | 3.4mg        | ---           |
| Vitamin B6          | 1.2mg        | ---           |
| Vitamin B12         | 6.5mcg       | ---           |
| Vitamin C           | 84.9mg       | ---           |
| Vitamin D           | 4.4mcg       | ---           |
| Vitamin E           | 23.2mg       | ---           |
| Vitamin K           | 167.8mcg     | ---           |
| Folate              | 196.8mcg     | ---           |
| Choline             | 570.5mg      | ---           |

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.

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