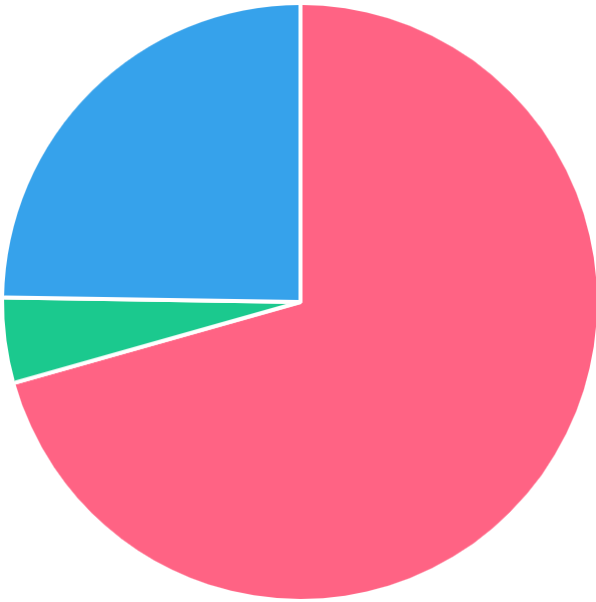


# August 5th, 2020



23g of 25g Net Carbs

36g Total Carbs

13g Fiber










157g of 155g Fat

123g of 124g Protein

2095 of 1988 Net Calories

23g of 25g Net Carbs  
2g remaining



## My Meals

	Net Carbs	Fat	Protein	Net Calories	
<b>Breakfast</b>	<b>4g</b>	<b>38g</b>	<b>27g</b>	<b>479</b>	⋮
 Cauliflower Thins by Trader Joes 1 x 2 pieces	1g	5g	9g	100	⋮
 Cream Cheese 1 tablespoon	1g	5g	1g	51	⋮
 Raw Egg 2 medium	1g	9g	11g	136	⋮
 Ghee 1 tablespoon	--	13g	--	112	⋮
 Tomato 2 tablespoon	1g	--	--	4	⋮
 Organic Micro Greens by Trader Joe's 2 tablespoon	--	--	--	1	⋮
 Smoked Bacon 2 slice - 6" long	--	6g	5g	75	⋮
<b>Lunch</b>	<b>7g</b>	<b>46g</b>	<b>49g</b>	<b>652</b>	⋮
 Frozen Cauliflower Rice 1 Serving	2g	--	1g	14	⋮
 Ghee 2 tablespoon	--	25g	--	224	⋮

## My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Chicken Breast 4 ounce	--	5g	35g	196	⋮
 Zucchini 0.5 cup	1g	--	1g	10	⋮
 Green Onions 1/8 cup	1g	--	--	4	⋮
 Red Bell Peppers, Raw 1/8 cup	1g	--	--	6	⋮
 Raw Egg 2 medium	1g	9g	11g	136	⋮
 Garlic 1 clove	1g	--	--	4	⋮
 Original Vegetable Sriracha Viracha Sauce by True Made Foods 2 tsp	--	--	--	--	⋮
 Avocado 1/4 each	1g	5g	1g	57	⋮
<b>Dinner</b>	<b>7g</b>	<b>50g</b>	<b>33g</b>	<b>623</b>	<b>⋮</b>
 Chicken Drumstick With Skin 4 ounce	--	11g	31g	234	⋮
 Chimichurri 1 x 2T.	1g	12g	--	120	⋮
 Yellow Squash 1/2 cup	3g	--	1g	18	⋮
 Ghee 1 tablespoon	--	13g	--	112	⋮
 Yellow Onion 1/4 cup	3g	--	--	16	⋮
 Swiss Chard Raw 1/2 cup	--	--	--	3	⋮
 Extra Virgin Olive Oil 1 tablespoon	--	14g	--	119	⋮
<b>Snack 1</b>	<b>5g</b>	<b>12g</b>	<b>5g</b>	<b>191</b>	<b>⋮</b>
 Tastes Lovely Keto Chocolate Zucchini Muffins Manually inputted	5g	12g	5g	191	⋮
<b>Snack 2</b>	<b>--</b>	<b>5g</b>	<b>--</b>	<b>51</b>	<b>⋮</b>
 Organic Earl Gray Tea by Trader Joe's 1 tea bag					⋮

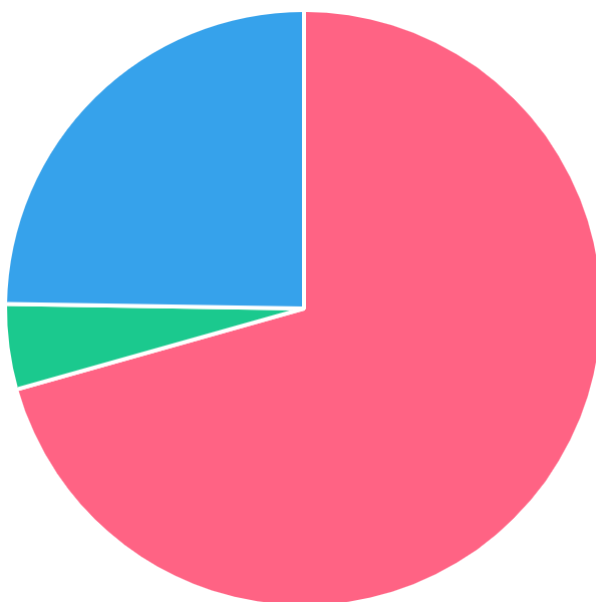
## My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Heavy Cream 1 tablespoon	--	5g	--	51	⋮
<b>Snack 3</b>	--	<b>6g</b>	<b>9g</b>	<b>100</b>	⋮
 Italian Flavored Beef Jerky by Chomps 1 serving	--	6g	9g	100	⋮
<b>Supplements</b>	--	--	--	--	⋮
<b>Subtotal</b>	<b>23g</b>	<b>157g</b>	<b>123g</b>	<b>2095</b>	
<b>Exercise</b>	--	--	--	--	⋮
<b>Total</b>	<b>23g</b>	<b>157g</b>	<b>123g</b>	<b>2095</b>	

## My Notes

## My Macros

Actuals ▼



5% Net Carbs  
23g - 92 Calories

71% Fat  
157g - 1409 Calories
















25% Protein  
123g - 494 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
 Tastes Lovely Keto Chocolate Zucchini Muffins	5.2g	22.6%
 Yellow Onion	3.1g	13.4%
 Yellow Squash	2.6g	11.3%
 Raw Egg	2.0g	8.5%
 Frozen Cauliflower Rice	1.7g	7.4%
 Zucchini	1.2g	5.0%
 Cauliflower Thins by Trader Joes	1.0g	4.3%
 Chimichurri	1.0g	4.3%
 Garlic	0.9g	4.0%
 Cream Cheese	0.8g	3.5%
 Red Bell Peppers, Raw	0.7g	3.1%
 Tomato	0.6g	2.7%
 Avocado	0.6g	2.6%
 Green Onions	0.6g	2.5%
 Heavy Cream	0.4g	1.8%

Food	Value	% Total
 Swiss Chard Raw	0.4g	1.7%
 Smoked Bacon	0.3g	1.2%
 Chicken Drumstick With Skin	0.0g	0.2%
 Organic Micro Greens by Trader Joe's	--	--
 Extra Virgin Olive Oil	--	--
 Italian Flavored Beef Jerky by Chomps	--	--
 Original Vegetable Sriracha Viracha Sauce by True Made Foods	--	--
 Ghee	--	--
 Chicken Breast	-0.0g	-0.2%
<b>Total</b>	<b>23.0g</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	2095.2	105.4%
Total Carbs	36.4g	---
Net Carbs ⓘ	23.0g	92.2%
Diab. Net Carbs ⓘ	23.2g	---
Fiber	13.1g	---
Starch	1.2g	---

<b>Nutrient</b>	<b>Value</b>	<b>% Goal</b>
Sugar	13.2g	---
Added Sugar	0.1g	---
Sugar Alcohols	0.3g	---
Protein	123.5g	99.6%
Fat	156.5g	101.0%
Monounsatur. Fat	46.1g	---
Polyunsatur. Fat	12.4g	---
Omega-3 Fat	1.5g	---
Omega-6 Fat	10.9g	---
Saturated Fat	58.8g	---
Trans Fat	2.7g	---
Cholesterol	1108.3mg	---
Glycemic Load	5.7	---
Calcium	451.4mg	---
Iron	8.3mg	---
Magnesium	154.5mg	---
Phosphorus	993.9mg	---
Potassium	1838.5mg	---
Sodium	1140.6mg	---
Zinc	8.7mg	---
Copper	0.5mg	---
Selenium	127.2mcg	---
Vitamin A	1392.9mcg	---
Vit B1 (Thiamin)	0.5mg	---

<b>Nutrient</b>	<b>Value</b>	<b>% Goal</b>
Vit B2 (Riboflavin)	1.8mg	---
Vit B3 (Niacin)	25.8mg	---
Vitamin B5	5.9mg	---
Vitamin B6	1.9mg	---
Vitamin B12	4.5mcg	---
Vitamin C	60.4mg	---
Vitamin D	4.9mcg	---
Vitamin E	7.6mg	---
Vitamin K	205.2mcg	---
Folate	186.3mcg	---
Choline	774.1mg	---

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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