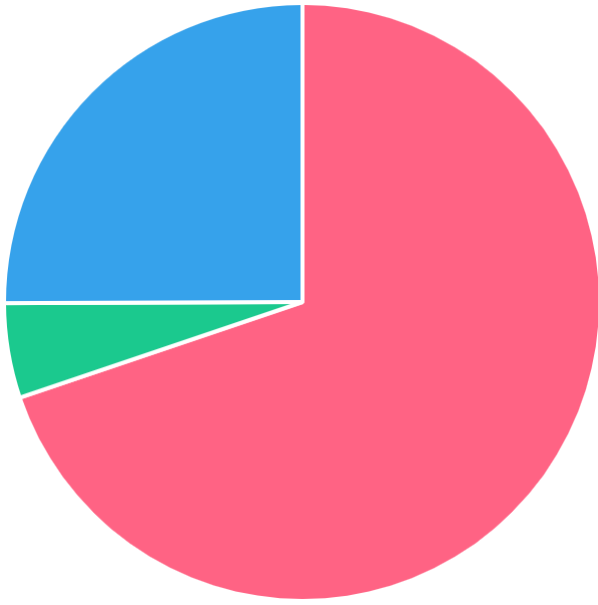


September 9th, 2020



25g of 25g Net Carbs

41g Total Carbs

16g Fiber










154g of 155g Fat

124g of 124g Protein














2293 of 1988 Net Calories

25g of 25g Net Carbs
0g remaining

My Meals

| | Net Carbs | Fat | Protein | Net Calories | |
|--|-----------|------------|------------|--------------|---|
| Breakfast | 4g | 64g | 24g | 703 | ⋮ |
|  Raw Egg 2 medium | 1g | 9g | 11g | 136 | ⋮ |
|  Mild Breakfast Sausage Links by Pederson's 3 links | -- | 12g | 11g | 150 | ⋮ |
|  Spinach 1 cup | -- | -- | 1g | 7 | ⋮ |
|  Ghee 2-½ tablespoon | -- | 32g | -- | 281 | ⋮ |
|  Avocado ½ each | 1g | 10g | 1g | 114 | ⋮ |
|  Raspberries ¼ cup | 2g | -- | -- | 16 | ⋮ |
| Lunch | 7g | 33g | 30g | 451 | ⋮ |
|  Spinach 2 cup | 1g | -- | 2g | 14 | ⋮ |
|  Extra Virgin Olive Oil 2 tablespoon | -- | 27g | -- | 239 | ⋮ |
|  Balsamic Vinegar 1 tablespoon | 3g | -- | -- | 14 | ⋮ |

My Meals

| | Net Carbs | Fat | Protein | Net Calories | |
|--|------------|-------------|-------------|--------------|----------|
|  Boneless Chicken Breast 3 ounce | -- | 4g | 26g | 147 | ⋮ |
|  Tomato Raw (includes Cherry, Grape, Roma) ¼ cup | 1g | -- | -- | 8 | ⋮ |
|  Red Onion ⅛ cup | 2g | -- | -- | 8 | ⋮ |
|  Feta ¼ serving | -- | 2g | 1g | 18 | ⋮ |
|  Cucumber ¼ cup | 1g | -- | -- | 4 | ⋮ |
| Dinner | 11g | 26g | 36g | 700 | ⋮ |
|  Tastes Lovely Salmon Cakes with Lemon Garlic Aioli Manually inputted | 3g | 26g | 33g | 500 | ⋮ |
|  Tastes Lovely Herby Lemon Coleslaw Manually inputted | 8g | -- | 3g | 200 | ⋮ |
| Snack 1 | 1g | 16g | 19g | 222 | ⋮ |
|  STEEP by Bigelow Organic Chai Black Tea 1-½ CUP | | | | | ⋮ |
|  Heavy Cream 3 tablespoon | 1g | 16g | 1g | 152 | ⋮ |
|  Collagen Peptides Unflavored by Vital Proteins 2 scoops | -- | -- | 18g | 70 | ⋮ |
| Snack 2 | 2g | 13g | 5g | 146 | ⋮ |
|  Almond Butter 1-½ tablespoon | 2g | 13g | 5g | 144 | ⋮ |
|  Blueberries 3 each | -- | -- | -- | 2 | ⋮ |
| Snack 3 | -- | 2g | 10g | 70 | ⋮ |
|  Turkey Snack Sticks by Chomps 1 stick | -- | 2g | 10g | 70 | ⋮ |
| Supplements | -- | -- | -- | -- | ⋮ |
| Subtotal | 25g | 154g | 124g | 2293 | |
| Exercise | -- | -- | -- | -- | ⋮ |

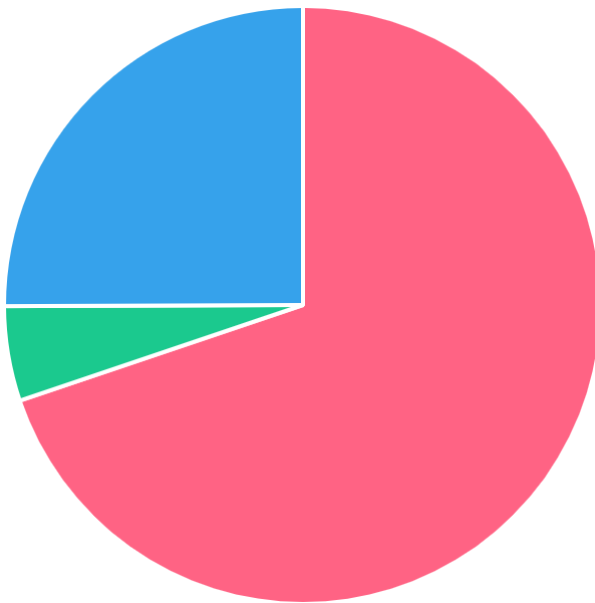
My Meals

| | Net Carbs | Fat | Protein | Net Calories |
|--------------|------------|-------------|-------------|--------------|
| Total | 25g | 154g | 124g | 2293 |

My Notes

My Macros

Actuals ▼



5% Net Carbs
25g - 101 Calories



70% Fat
154g - 1382 Calories


















25% Protein
124g - 496 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 Herby Lemon Coleslaw | 10.5g | 41.4% |
|  Balsamic Vinegar | 2.7g | 10.7% |

| Food | Value | % Total |
|--|--------------|----------------|
|  Almond Butter | 1.9g | 7.6% |
|  Raspberries | 1.7g | 6.5% |
|  Red Onion | 1.5g | 6.1% |
|  Spinach | 1.3g | 5.0% |
|  Heavy Cream | 1.2g | 4.8% |
|  Avocado | 1.2g | 4.8% |
|  Tomato Raw (includes Cherry, Grape, Roma) | 1.2g | 4.6% |
|  Raw Egg | 1.0g | 3.9% |
|  Cucumber | 0.6g | 2.4% |
|  Blueberries | 0.5g | 1.9% |
|  Feta | 0.1g | 0.3% |
|  Collagen Peptides Unflavored by Vital Proteins | -- | -- |
|  Mild Breakfast Sausage Links by Pederson's | -- | -- |
|  Turkey Snack Sticks by Chomps | -- | -- |
|  Ghee | -- | -- |
|  Extra Virgin Olive Oil | -- | -- |
|  Boneless Chicken Breast | -0.0g | -0.1% |
| Total | 25.4g | 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 | 2292.8 | 115.3% |
| Total Carbs | 41.3g | --- |
| Net Carbs ⓘ | 25.4g | 101.4% |
| Diab. Net Carbs ⓘ | 25.5g | --- |
| Fiber | 15.6g | --- |
| Starch | 0.4g | --- |
| Sugar | 17.2g | --- |
| Sugar Alcohols | 0.3g | --- |
| Protein | 124.0g | 100.0% |
| Fat | 153.5g | 99.1% |
| Monounsat. Fat | 52.2g | --- |
| Polyunsat. Fat | 11.5g | --- |
| Omega-3 Fat | 1.1g | --- |
| Omega-6 Fat | 10.4g | --- |
| Saturated Fat | 52.3g | --- |
| Trans Fat | 2.0g | --- |
| Cholesterol | 600.5mg | --- |
| Glycemic Load | 5.8 | --- |
| Calcium | 352.5mg | --- |
| Iron | 8.9mg | --- |
| Magnesium | 210.3mg | --- |

| Nutrient | Value | % Goal |
|---------------------|--------------|---------------|
| Phosphorus | 597.1mg | --- |
| Potassium | 1629.0mg | --- |
| Sodium | 1130.2mg | --- |
| Zinc | 4.1mg | --- |
| Copper | 0.6mg | --- |
| Selenium | 51.2mcg | --- |
| Vitamin A | 1069.3mcg | --- |
| Vit B1 (Thiamin) | 0.3mg | --- |
| Vit B2 (Riboflavin) | 1.2mg | --- |
| Vit B3 (Niacin) | 13.9mg | --- |
| Vitamin B5 | 3.6mg | --- |
| Vitamin B6 | 1.1mg | --- |
| Vitamin B12 | 1.3mcg | --- |
| Vitamin C | 69.7mg | --- |
| Vitamin D | 2.8mcg | --- |
| Vitamin E | 15.6mg | --- |
| Vitamin K | 480.9mcg | --- |
| Folate | 310.5mcg | --- |
| Choline | 394.5mg | --- |

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.
