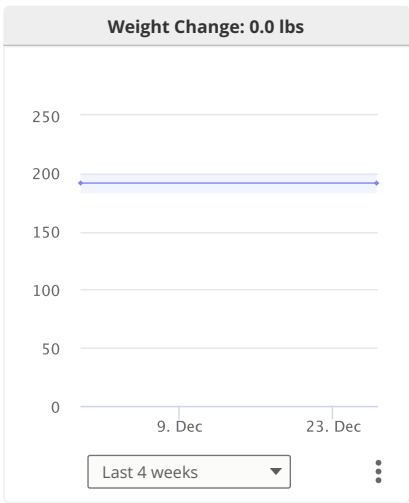
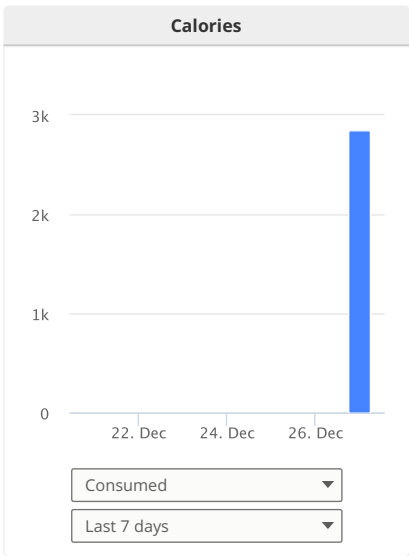
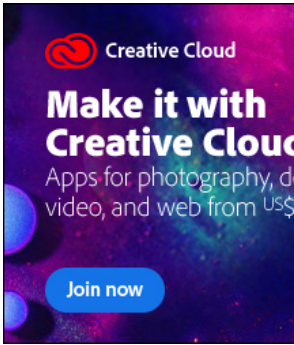




Diary Trends Foods Settings Help

December 27, 2019

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE Completed



Description	Amount	Unit	Calories
Beef, Ribeye Filet, Boneless, Separable Lean Only, Trimmed to 0" Fat, Select, Cooked, Grilled	12	oz	632.76
Wild Planet, Wild Sardines In Extra Virgin Olive Oil, Lightly Smoked	1 × 3	oz	170
Pumpkin, Canned	1	cup	83.3
GT's, Cocoyo, Living Coconut Yogurt	1 × 1/2	cup (118 mL)	90
Vital Proteins, Collagen Peptides, Unflavored	2 × 2	scoops	140
Jarrow Formulas, Creatine Monohydrate	4	Capsule	0
Living Fuel, Super Essentials Omega	6	softgel	60
Brazil Nuts, Unsalted	5	each	155.69
Red Wine, Other Types	6	fl oz	149.94
Dark Chocolate Bar, 70%-85% Cacao	1	regular size bar - each 1.45 oz	245.18
Chlorella Tablets	4 × 4	Tablets	16
Olivio, Extra Virgin Olive	2	oz	501.22
Primal Kitchen, Mayo, Real Mayonnaise made with Avocado Oil	2	Tbsp	200
Ancestral Supplements, Grassfed Beef Liver	1 × 6	capsules	0
LifeExtension, NAD+ Cell Regenerator, 100 mg	3	capsule 100 mg	0
Ancestral Supplements, Grassfed Beef Thyroid	2	Capsule	0
Sea Salt	4	tsp	0
Organifi, Green Juice, Coconut & Ashwagandha Infused	2	Scoop	60
Wild Planet, Wild White Anchovies In Water with Sea Salt	1	Serving 3 ounces drained	120
Sweet Potato, Baked	1	small	72
resistance training (weight lifting, free weight, nautilus or universal), power lifting or body building, vigorous effort	60	minutes	-456.51
walking, 3.5 mph, level, brisk, firm surface, walking for exercise	30	minutes	-150.65
Quinton Original, Hypertonic Dietary Supplement	1	ampule	0
Kettle & Fire, Bone Broth, Chicken	1	cup (240 mL)	50
Qualia, Mind, Caffeine Free	1 × 7	Capsules	0
Kion, Lean	1 × 2	Capsules	0
Kion, Aminos	2 × 5	tablets	0
Kion, Flex	2 × 4	Capsules	0
Bulk Powders, Colostrum 30% Active IgG	1	oz	104.89
Thorne Research, Multi-Vitamin Elite, A.M	1 × 3	capsules	0
Thorne Research, Multi-Vitamin Elite, P.M	1 × 3	capsules	0
walking, 2.8 to 3.2 mph, level, moderate pace, firm surface	30	minutes	-114.13

### Calories Summary

2851 kcal CONSUMED | 2755 kcal BURNED | 96 Calorie Surplus BALANCE

### Macronutrient Targets

Energy: 2851 (2130 net) kcal / 2755 kcal (103%)  
 Protein: 213.8 g / 172.2 g (127%)  
 Net Carbs: 63.1 g / 275.5 g (23%)  
 Fat: 170.1 g / 107.1 g (159%)

### Nutrient Targets

92% TARGETS | 60% Fiber | 421% Iron | 81% Calcium | 2255% Vit.A | 585% Vit.C | 67721% Vit.B12 | 268% Folate

General			Vitamins		
Energy	2851.0 kcal	103%	B1 (Thiamine)	50.6 mg	4219%
Alcohol	18.7 g	No Target	B2 (Riboflavin)	14.0 mg	1079%
Caffeine	32.8 mg	No Target	B3 (Niacin)	129.0 mg	806%
Water	646.7 g	17%	B5 (Pantothenic Acid)	97.0 mg	1939%
			B6 (Pyridoxine)	42.6 mg	3277%



Step 1:  
[Click Start](#)  
 Step 2:  
**Add Extension**  
 Step 3:  
**Start Converting**

**Start**



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Cronometer

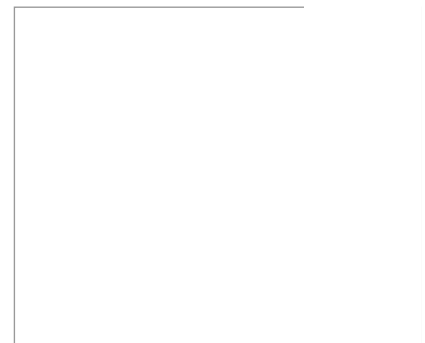
Carbohydrates		
Carbs	86.2 g	27%
Fiber	22.7 g	60%
Starch	8.9 g	No Target
Sugars	32.2 g	No Target
Net Carbs	63.1 g	23%

Lipids		
Fat	170.1 g	159%
Monounsaturated	63.3 g	No Target
Polyunsaturated	13.2 g	No Target
Omega-3	3.8 g	235%
Omega-6	12.5 g	74%
Saturated	46.2 g	46.152 g
Trans-Fats	1.1 g	1.107 g
Cholesterol	405.2 mg	No Target

Protein		
Protein	218.8 g	127%
Cystine	1.3 g	154%
Histidine	4.8 g	391%
Isoleucine	6.1 g	371%
Leucine	11.4 g	313%
Lysine	12.6 g	381%
Methionine	3.6 g	430%
Phenylalanine	5.7 g	396%
Threonine	6.3 g	363%
Tryptophan	1.4 g	315%
Tyrosine	4.8 g	331%
Valine	6.9 g	331%

B12 (Cobalamin)	1625.3 µg	67721%
Folate	1070.7 µg	268%
Vitamin A	67646.8 IU	2255%
Vitamin C	526.1 mg	585%
Vitamin D	5434.2 IU	906%
Vitamin E	71.9 mg	480%
Vitamin K	484.3 µg	404%

Minerals		
Calcium	809.8 mg	81%
Copper	3.5 mg	391%
Iron	33.7 mg	421%
Magnesium	556.4 mg	132%
Manganese	5.2 mg	224%
Phosphorus	1330.4 mg	190%
Potassium	3842.1 mg	82%
Selenium	780.3 µg	1419%
Sodium	11303.3 mg	754%
Zinc	70.8 mg	644%



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**cronometer**

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