



April 4, 2019

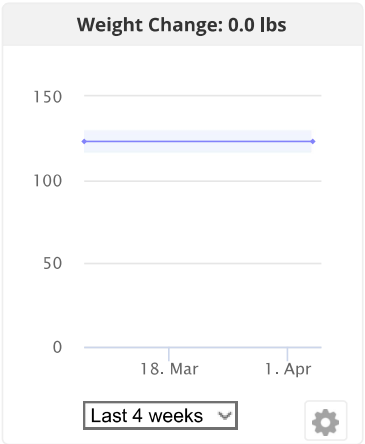
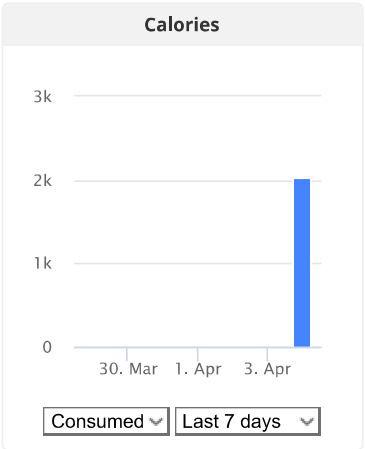
ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE



Ketogenic Biomarkers

+ Glucose Reading

+ Ketone Reading



Description	Amount	Unit	Calories
Chicken Liver	20	g	33.4
Raw Egg	2	large	155
Bacon, Pork	50	g	234
Aldi, Ground Beef Sirloin, 90% Lean	300	g	535.71
Walnuts	1	oz	185.41
Almonds, Raw	1	oz	164.14
Bega, Cheddar Cheese Slices	72	g	201.3
Onion, White, Yellow or Red, Raw	0.5	cup	38.83
Garlic, Fresh	5	clove	22.35
Apple, Fresh, With Skin	1	medium - 3" diameter	94.64
Solgar, Folate, 400 mcg	1	Tablet	0
Cabbage, Raw	75	g	18.75
Carrots, Raw	50	g	20.5
Peanuts, Raw	2	oz	321.48
rope jumping, fast pace, 120-160 skips/min	10	minutes	-110.33

Calories Summary

2026 kcal
CONSUMED

1628 kcal
BURNED

398
Calorie Surplus
BALANCE

Macronutrient Targets

Energy 2026 (1915 net) kcal / 1877 kcal (108%)

Protein 146.8 g / 79.0 g (186%)

Net Carbs 52.3 g / 60.0 g (87%)

Fat 131.2 g / 146.8 g (89%)

Nutrient Targets

89% TARGETS

65% Fiber

211% Iron

104% Calcium

391% Vit.A

63% Vit.C

209% Vit.B12

201% Folate

General

Energy	2025.5 kcal	108%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	470.2 g	13%

Carbohydrates

Carbs	71.7 g	80%
Fiber	19.4 g	65%
Starch	6.9 g	No Target
Sugars	36.3 g	No Target
Net Carbs	52.3 g	87%

Lipids

Fat	131.2 g	89%
Monounsaturated	37.5 g	No Target
Polyunsaturated	30.8 g	No Target

Vitamins

B1 (Thiamine)	1.1 mg	92%
B2 (Riboflavin)	1.6 mg	124%
B3 (Niacin)	16.7 mg	105%
B5 (Pantothenic Acid)	5.2 mg	104%
B6 (Pyridoxine)	1.5 mg	86%
B12 (Cobalamin)	5.0 µg	209%
Folate	802.0 µg	201%
Vitamin A	11738.4 IU	391%
Vitamin C	56.6 mg	63%
Vitamin D	95.5 IU	16%
Vitamin E	14.5 mg	97%
Vitamin K	66.9 µg	56%

Minerals

Calcium	1036.6 mg	104%
Copper	1.7 mg	192%

Omega-3	2.8 g	175%
Omega-6	27.6 g	197%
Saturated	35.4 g	35.439 g
Trans-Fats	0.1 g	0.095 g
Cholesterol	736.0 mg	No Target

Protein		
Protein	146.8 g	186%
Cystine	0.9 g	176%
Histidine	1.8 g	236%
Isoleucine	2.7 g	259%
Leucine	4.8 g	204%
Lysine	3.8 g	179%
Methionine	1.3 g	247%
Phenylalanine	3.0 g	329%
Threonine	2.6 g	231%
Tryptophan	0.7 g	249%
Tyrosine	2.3 g	247%
Valine	3.1 g	234%

Iron	16.9 mg	211%
Magnesium	284.6 mg	68%
Manganese	3.4 mg	149%
Phosphorus	1002.8 mg	143%
Potassium	1844.8 mg	39%
Selenium	82.2 µg	149%
Sodium	1660.2 mg	128%
Zinc	7.7 mg	70%



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can't be



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