

October 12 - 27, 2023

Report for Marc Wagner

User motivations: [blood pressure](#); [blood sugar \(diabetes\)](#); fitness/performance; [gi symptoms](#); [overall health](#); [weight](#).

Diet restrictions: no restrictions.

To learn a bit more about your report and the information presented, [click here](#)



Clinical summary

Macronutrients (daily avg.)

- **fat** 109g/day; 986 kcal/day [41.3%]
- **carbohydrate** 174g/day; 32g/day [fibre]; 141g/day [net]; 697 kcal/day [29.2%]
- **protein** 174g/day; 696 kcal/day [29.2%]
- **alcohol** 1.5mL/day; 9 kcal/day [0.4%]
- **calories** 2387 kcal/day.
- **energy from saturated and trans fats** was 15.0% [39.8g/day; 358kcal/day] compared to recommendations of <10% total energy.

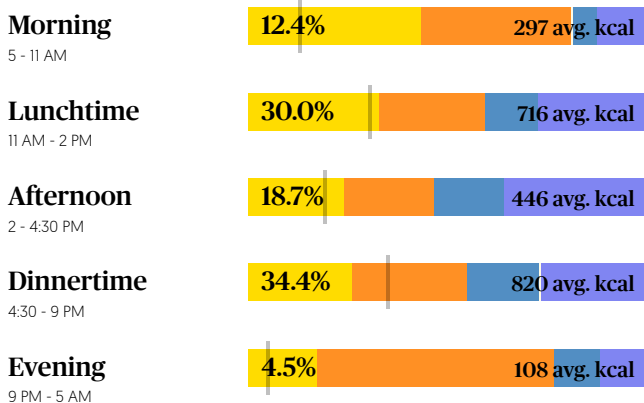
Micronutrients (daily avg.)

- **calcium** 2072mg/day, 207% of 1000mg recommendation.
- **iron** 16mg/day, 199% of 8mg recommendation.
- **potassium** 2861mg/day, 84.2% of 3400mg recommendation.
- **sodium** at CDRR [max 2300mg/day].

A total of 250 items were logged over 13 days.

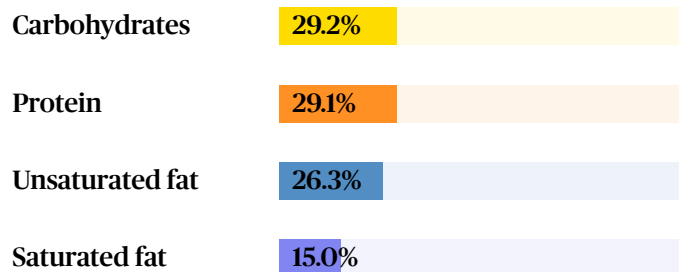
- **20 were classified as a beverage.** 7 [35.0%] of the beverages were sugary. Avg of 0.1 cups of water per day.
- **125 items were classified as a notable source of protein.** Of these, 8 [6.4%] were red meat, 3 [2.4%] were animal-based processed meats, 59 [47.2%] were plant-based protein, and 3 [2.4%] were fish [not including shellfish].
- **0.8% of logged items were identified as possibly being fried.**

Calorie distribution



Average calories by time with percentage consumed per day for that period. Calories breakdown by macronutrient based on yellow=carbohydrates, orange=protein, blue=unsaturated fat, purple=saturated fat.

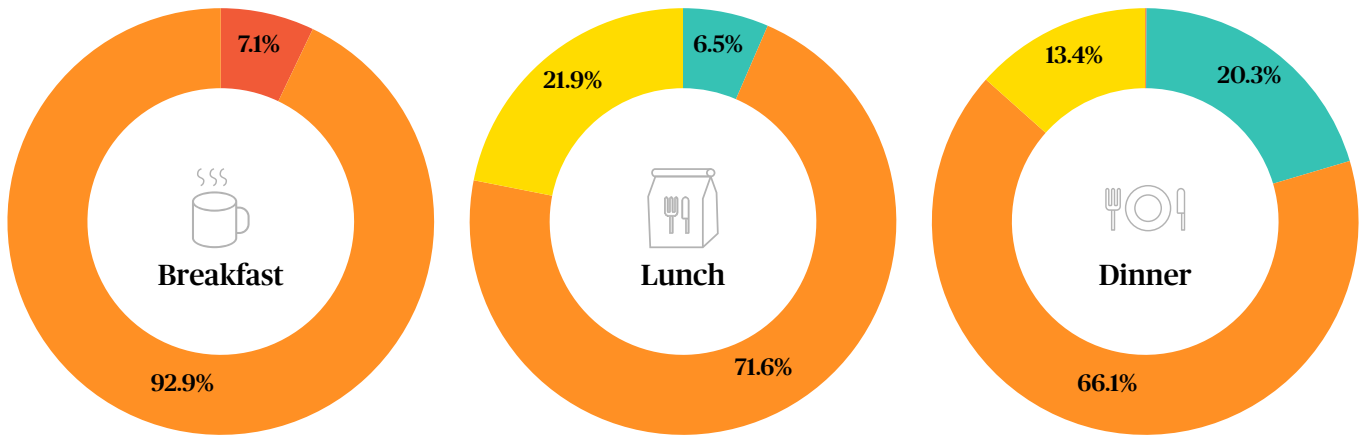
Macronutrient distribution



Data based on percent of daily energy intake per macronutrient type. Acceptable Macronutrient Distribution Range (AMDR): **Protein 10-35%, Carbohydrates 45-65% and Total Fat 20-35% with Saturated Fats < 10%**

Average plate

● fruit ● vegetable ● protein ● grains



Average composition of meals based on vegetables, fruit, grains, and protein

Fruit and Vegetable Intake



Servings of fruit per day: 1.8 (61% of 3 servings/day target). Some of the fruit eaten includes: raspberry (contained in protein shake base, homemade); mixed berries frozen; orange.

Servings of vegetables per day: 1.2 (30% of 4 servings/day target). Some of the vegetables eaten include: broccoli; sauteed vegetables.

Target 7-10 vegetables and fruits per day, trying to have more vegetables than fruit if possible. Tips to increase fruit include storing frozen fruit, adding fruit to breakfast or salads, and trying fruit with desserts (or as a replacement); consider fruit and nut butters as a portable snack. Fruits and vegetables are good sources of fibre, especially when they are eaten with the skin. Fruits and vegetables that have at least 2g of fibre per serving are bananas, apples, pears, raspberries (1/2 cup), oranges, kiwi, broccoli, carrots, sweet potato, spinach, pumpkin (1/2 cup servings). **Tips to increase vegetables** include doubling up on vegetables, cutting a bucket of vegetable for the whole week (or washing baby carrots and tomatoes) to make it easy to add, adding frozen vegetables to meals, and stock up on vegetables with longer shelf lives such as onions, cabbage, sweet potato, carrots, and beets. Look for deeply coloured vegetables for the most benefit such as red cabbage and green leafy vegetables (kale, spinach).

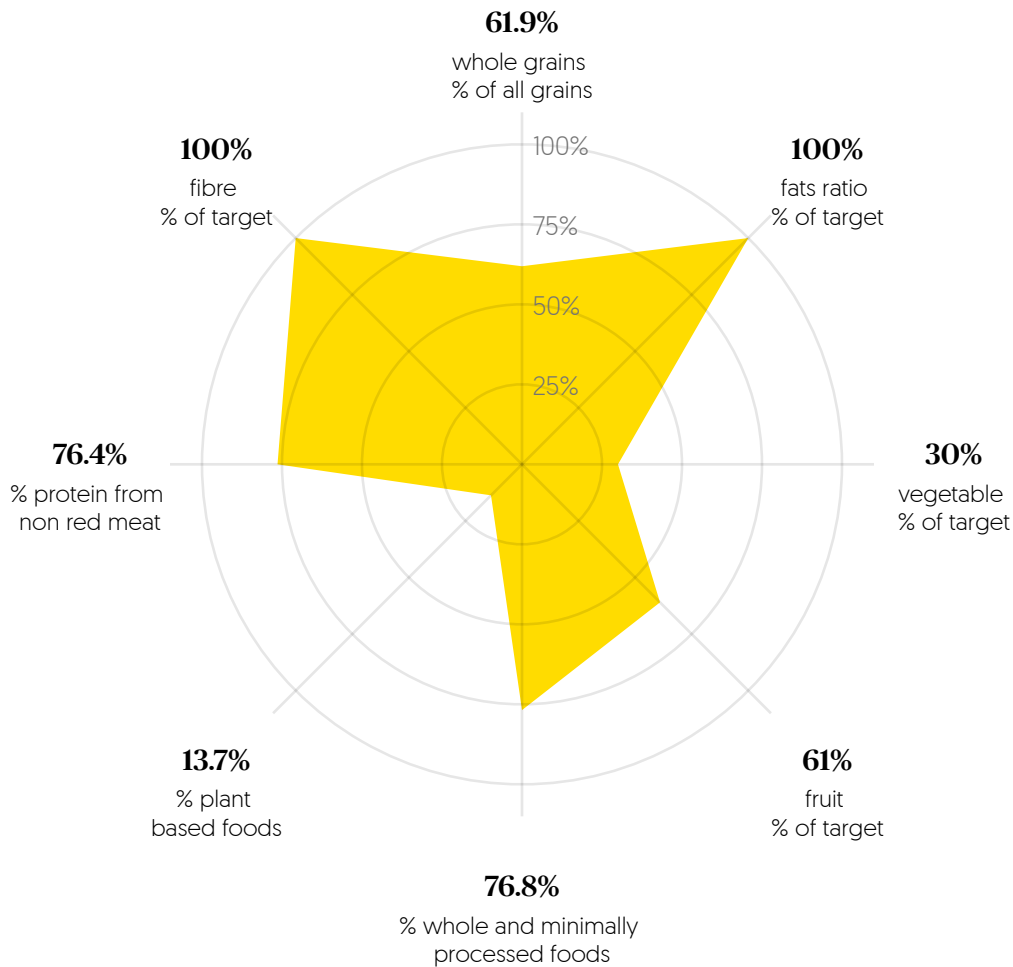
Nutrient summary table

	AVG INTAKE	MIN INTAKE	MAX INTAKE	% OF RDA	AI/RDA
PROTEIN (G)	174	128	284	310.6%	56
CARBOHYDRATE (G)	174	85	313	134.0%	130
FIBER (G)	32	16	46	106.3%	30
CALCIUM (MG)	2,072	1,315	3,985	207.2%	1,000
IRON (MG)	16	8.8	23.4	199.5%	8
MAGNESIUM (MG)	396	109	1,785	94.3%	420
PHOSPHORUS (MG)	703	276	1,495	100.5%	700
POTASSIUM (MG)	2,861	2,231	4,536	84.2%	3,400
SODIUM (MG)	2,582	1,157	4,329	112.3%	2,300
ZINC (MG)	10.5	0.1	29.2	95.9%	11
THIAMIN (MG)	13	0.2	114.5	1,082.7%	1.2
RIBOFLAVIN (MG)	10.3	0.1	84.8	789.1%	1.3
NIACIN (MG)	40	2	190	249.3%	16
VITAMIN B6 (MG)	7.6	0.1	56.7	445.3%	1.7
FOLATE (MCG)	351	8	2,134	87.8%	400
VITAMIN B12 (UG)	128.4	1.2	1,142.4	5,349.6%	2.4
VITAMIN A (RAE_MCG)	398	3	844	44.2% (L)	900
VITAMIN C (MG)	112.4	19.7	274.8	124.9%	90
VITAMIN E (MG)	50.9	3.5	285.4	339.6%	15
VITAMIN D (IU)	349	19	1,740	58.2% (L)	600
VITAMIN K (MCG)	52.5	3.3	165.5	43.8% (L)	120

For protein and carbohydrates, under 80% RDI is considered low. For fibre, under 100% RDI is considered low and there is no high threshold. For all other nutrients or vitamins, under 75% is considered low and over 150% is considered high.

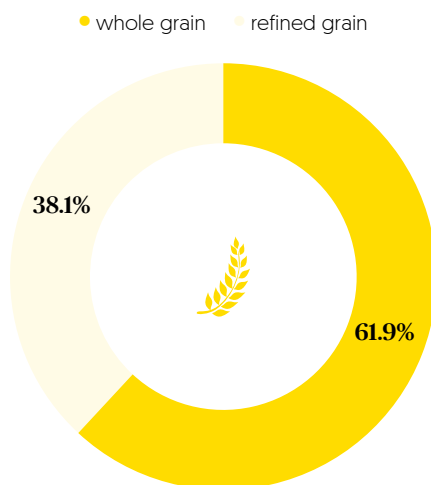
You can see lists of foods with common vitamins and minerals here: <https://rxfood.co/food-lists>.

Star plot



Target for fibre based on recommended intake by sex; target for fruits is 3 servings; target for vegetables is 4 servings; fat ratio is defined as $[\text{MUFA}+\text{PUFA}]/[\text{sat and trans}]$ with a target ratio of 1.6

Average grain intake frequency (%):

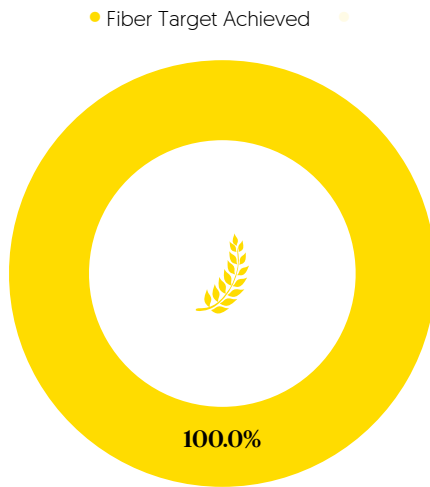


You ate more whole grain than refined grain.

The whole grain foods you ate include: oatmeal; wild rice (contained in bowl base); oroweat, 22 grains and seeds bread.

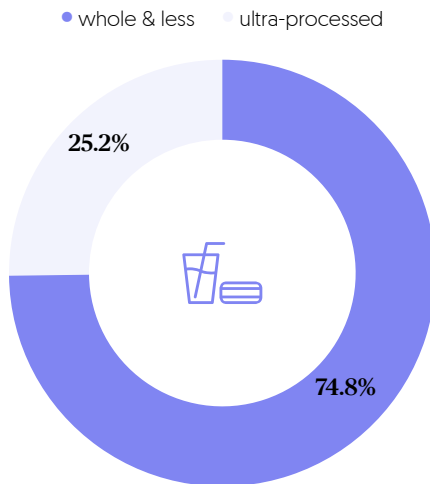
The refined grain foods you ate include: white rice, steamed (contained in tuna, raw); pita crackers; pita bread.

Average fibre intake frequency (%):



Fibre per day approximately: 31.9 grams (>100% of 30 grams/day target). Example high fibre foods are: raspberry (contained in protein shake base, homemade); mixed berries frozen; orange.

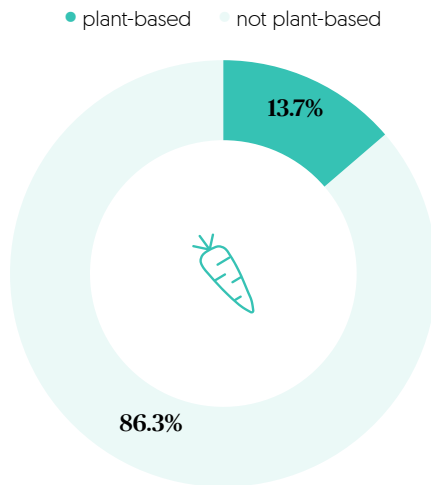
Whole and less processed foods:



You ate more whole and less processed foods than ultra-processed

The potential ultra-processed foods you ate include: crush soda, grape; anthon berg liquor filled dark chocolate

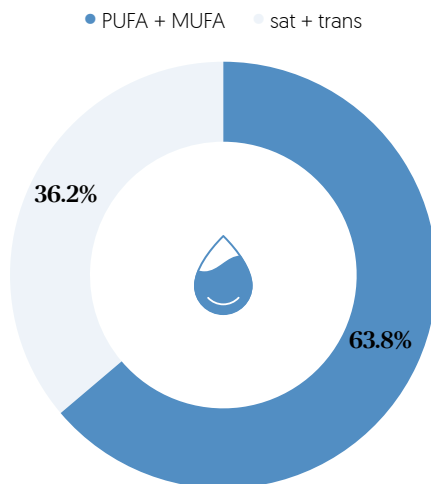
Average **plant-based** intake frequency (%):



You ate more not plant-based than plant-based

The plant-based foods you ate include: kirkland signature organic fortified soy beverage; raspberry (contained in protein shake base, homemade); mixed berries frozen

Average **fats** intake frequency (%):



Fats to consume in higher amounts: fish; tuna, raw; yupik cashews

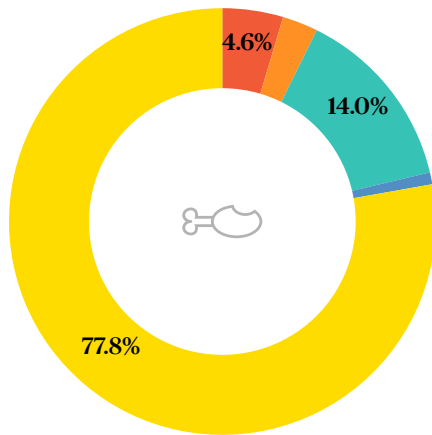
Fats to consume in smaller amounts: anthon berg liquor filled dark chocolate; turin baileys original filled chocolate; gay lea butter, salted

The following foods are high in both healthy and unhealthy fats (please consult with your clinician about these): burnbrae farms, omega 3 egg; basse pumpkin seeds, shelled roasted salted organic

Omega-3 containing foods consumed: fish; tuna, raw; yupik cashews.

Average protein intake frequency (%):

• red meat • poultry • plant • seafood • dairy & egg



Dairy & egg was your highest protein source and seafood was your lowest protein source

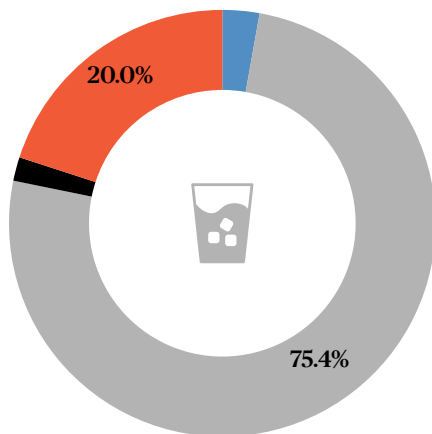
You ate red meat 8 times over this period of 14 days (target max 2 times per week)

You ate fish 3 times during this period

You ate legumes 4 times during this period

Average beverage intake frequency (%):

• water • coffee, tea, cocoa • sugary drink • artificially sweetened drink • alcohol • non-alcoholic • milk & alt.



On average, you drank 0.1 cups of water per day and 2.7 cups of all beverages.

Fasting Windows

Longest fasting window: 15.5 hours

Average fasting window: 10.4 hours

Shortest fasting window: 1.6 hours

Median fasting window: 10.4 hours

Everything you tracked during this period

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-12	breakfast	klean athlete klean creatine powder	1	100	scoop		0		
2023-10-12	breakfast	organika enhanced collagen protein powder	2	100	scoops		35		
2023-10-12	breakfast	mixed berries frozen	1	100	cup		79.8		
2023-10-12	breakfast	vega protein & greens powder, vanilla	1	100	scoop		110		
2023-10-12	breakfast	kirkland signature organic fortified almond beverage	2	100	cup		70		
2023-10-12	breakfast	pure encapsulations purelean fibre powder	2	100	scoops		40		
2023-10-12	breakfast	pure encapsulations magnesium glycinate	1	100	500mg		0		
2023-10-12	breakfast	pure encapsulations ultranutrient	3	100	tablet		0		
2023-10-12	breakfast	pure encapsulations epa-dha essentials	1	100	softgel		10		
2023-10-12	breakfast	pure encapsulations vitamin d3 supplement	1	100	1000iu		0		
2023-10-12	breakfast	pure encapsulations alpha lipoic acid supplement	1	100	capsules		0		
2023-10-12	breakfast	pure encapsulations coenzyme q10	1	100	capsule		0		
2023-10-12	breakfast	pure encapsulations, curcuma sorb	2	100	capsule		0		
2023-10-12	breakfast	pure encapsulations, vascular relax	2	100	capsule		0		
2023-10-12	breakfast	pure encapsulations, cla (conjugated linoleic acid)	1	100	capsule		10		
2023-10-12	breakfast	pure encapsulations digestive enzymes ultra	1	100	capsule		0		
2023-10-12	breakfast	pure encapsulations probiotic g.i. capsule	1	100	capsule		0		
2023-10-12	breakfast	relora-plex	1	100	tablet		0		
2023-10-12	breakfast	thorne berberine-hp	1	100	capsule		0		
2023-10-12	breakfast	webber naturals osteo joint ease for chronic pain, glucosamine and chondroitin capsule	1	100	tablet		0		
2023-10-12	breakfast	nmn 18000 anti-age capsule	1	100	capsule		0		

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-12	lunch	yupik cashews	0.1	100	cup		71.5		
2023-10-12	lunch	kirkland signature dry roasted macadamia nuts	10	100	gram		75		
2023-10-12	lunch	kirkland signature, whole almonds	10	100	gram		57.9		
2023-10-12	lunch	kirkland signature organic whole brazil nuts	0.1	100	cup		84		
2023-10-12	lunch	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56		
2023-10-12	lunch	kirkland signature walnuts	10	100	gram		66.6		
2023-10-12	lunch	pure encapsulations magnesium glycinate	1	100	500mg		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations ultranutrient	3	100	tablet		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations coenzyme q10	1	100	softgel		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations, curcuma sorb	1	100	tablet		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations, vascular relax	2	100	tablet		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations, cla (conjugated linoleic acid)	1	100	softgel capsule		10	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations digestive enzymes ultra	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations probiotic g.i. capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-12	lunch	relora-plex	2	100	capsule		0	logged from recent items	logged from recent items
2023-10-12	lunch	thorne berberine-hp	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-12	lunch	webber naturals osteo joint ease for chronic pain, glucosamine and chondroitin capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-12	lunch	pure encapsulations epa-dha essentials	1	100	softgel		10		logged from recent items
2023-10-12	snack	muscle milk protein, chocolate	1	100	bottle - 11 fl oz		158.4		
2023-10-12	dinner	black bean	1	100	cup		227		
2023-10-12	dinner	broccoli	1	100	cup		30.9		
2023-10-12	dinner	fish	225	100	gram	seasoning	184.5		
2023-10-12	snack	muscle milk protein,	1	100	bottle - 11 fl oz		158.4	logged from recent	logged from recent

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
		chocolate						items	items
2023-10-13	breakfast	protein shake base, homemade	1	100	shake	beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; metamucil fibre capsules; protein powder; creatine	339.1	Protein powder, almond beverage, blueberries, raspberries, collagen powder, creatine powder, fibre supplement.	Protein powder, almond beverage, blueberries, raspberries, collagen powder, creatine powder, fibre supplement.
2023-10-13	emotion	good							It is Friday :-]
2023-10-13	breakfast	thorne berberine-hp	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	relora-plex	2	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations probiotic g.i. capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations digestive enzymes ultra	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	webber naturals osteo joint ease for chronic pain, glucosamine and chondroitin capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	nmn 18000 anti-age capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations, cla (conjugated linoleic acid)	1	100	softgel capsule		10	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations, vascular relax	2	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations, curcuma sorb	1	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations coenzyme q10	1	100	softgel		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations ultranutrient	1	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations magnesium glycinate	1	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	breakfast	pure encapsulations epa-dha essentials	1	100	softgel		10	logged from recent items	logged from recent items
2023-10-13	snack	kirkland signature dry roasted macadamia nuts	10	100	gram		75	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	snack	kirkland signature, whole almonds	10	100	gram		57.9	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds,	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds,

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
								cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	snack	kirkland signature walnuts	10	100	gram		66.6	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	snack	kirkland signature organic whole brazil nuts	10	100	gram		70	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	snack	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	snack	yupik cashews	10	100	gram		55	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.	Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.; Macadamia nuts, almonds, walnuts, Brazil nuts, pumpkin seeds, cashews.
2023-10-13	lunch	broccoli	1	100	cup		30.9		
2023-10-13	lunch	turkey meat	175	100	gram		287		
2023-10-13	lunch	oven roasted vegetables	1	100	cup		67.6		
2023-10-13	lunch	pure encapsulations epa-dha essentials	1	100	softgel		10	logged from recent items	logged from recent items
2023-10-13	lunch	webber naturals osteo joint ease for chronic pain, glucosamine and chondroitin capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	lunch	thorne berberine-hp	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	lunch	relora-plex	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations probiotic g.i. capsule	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations digestive enzymes ultra	1	100	capsule		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations, cla (conjugated linoleic acid)	1	100	softgel capsule		10	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations, vascular relax	2	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations, curcuma sorb	2	100	tablet		0	logged from recent items	logged from recent items

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-13	lunch	pure encapsulations coenzyme q10	1	100	softgel		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations ultranutrient	1	100	tablet		0	logged from recent items	logged from recent items
2023-10-13	lunch	pure encapsulations magnesium glycinate	1	100	500mg		0	logged from recent items	logged from recent items
2023-10-13	snack	orange	1	100	small - 2 3/8" diameter		45.1		
2023-10-13	dinner	swiss chalet caesar salad	495	100	gram	chicken	1,183.8	Swiss Chalet Caesar salad with chicken.	Swiss Chalet Caesar salad with chicken.
2023-10-13	snack	greenhouse organic booster, fiery ginger	1	100	bottle		25.5		
2023-10-14	snack	premier protein, chocolate protein shake	1	100	container		160		
2023-10-14	breakfast	strawberry smoothie	2	100	cup		281.5		
2023-10-14	lunch	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-14	lunch	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	logged from recent items	logged from recent items
2023-10-14	lunch	kirkland signature organic whole brazil nuts	0.1	100	cup		84	logged from recent items	logged from recent items
2023-10-14	lunch	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items
2023-10-14	lunch	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-14	lunch	yupik cashews	0.1	100	cup		71.5	logged from recent items	logged from recent items
2023-10-14	snack	orange	1	100	medium - 2 5/8" diameter		72.4	Orange	Orange
2023-10-14	dinner	beef steak, t-bone, visible fat eaten	14	100	ounce		1,155		
2023-10-14	dinner	guacamole	0.5	100	cup		112.8		
2023-10-15	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; metamucil fibre capsules; creatine	339.1	logged from recent items	logged from recent items
2023-10-15	snack	cheese curds	50	100	gram		189.8		
2023-10-15	lunch	yupik cashews	0.1	100	cup		71.5	logged from recent items	logged from recent items

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-15	lunch	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-15	lunch	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items
2023-10-15	lunch	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-15	lunch	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	logged from recent items	logged from recent items
2023-10-15	lunch	kirkland signature organic whole brazil nuts	0.1	100	cup		84	logged from recent items	logged from recent items
2023-10-15	lunch	pita crackers	10	100	crackers, per container about		129.9		
2023-10-15	lunch	good foods chunky guacamole, traditional	1	100	tbsp		18.2		
2023-10-15	snack	premier protein, chocolate protein shake	1	100	container		160		
2023-10-15	dinner	mccain superfries, straight cut with seasalt	170	100	gram		258.6		
2023-10-15	dinner	st hubert bbq sauce	4	100	tbsp		30		
2023-10-15	snack	premier protein, chocolate protein shake	1	100	container		160		
2023-10-16	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-16	snack	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	logged from recent items	logged from recent items
2023-10-16	snack	kirkland signature organic whole brazil nuts	10	100	gram		70	logged from recent items	logged from recent items
2023-10-16	snack	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-16	snack	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items
2023-10-16	snack	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-16	snack	yupik cashews	10	100	gram		55	logged from recent	logged from recent

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
								items	items
2023-10-16	lunch	chicken souvlaki skewers	1	100	kabob		61.6	Chicken souvlaki, tzatziki sauce, black beans.	Chicken souvlaki, tzatziki sauce, black beans.; Chicken souvlaki, tzatziki sauce, black beans.
2023-10-16	lunch	tzatziki sauce	2	100	tbsp		29.4	Chicken souvlaki, tzatziki sauce, black beans.	Chicken souvlaki, tzatziki sauce, black beans.; Chicken souvlaki, tzatziki sauce, black beans.
2023-10-16	lunch	black bean	0.75	100	cup		170.3	Chicken souvlaki, tzatziki sauce, black beans.; Chicken souvlaki, tzatziki sauce, black beans.	Chicken souvlaki, tzatziki sauce, black beans.; Chicken souvlaki, tzatziki sauce, black beans.
2023-10-16	dinner	mccain superfries, straight cut with seasalt	170	100	gram		258.6	McCain superfries, ribeye steak, st Hubert sauce.;	McCain superfries, ribeye steak, st Hubert sauce.
2023-10-16	dinner	ribeye steak	14	100	ounce		809.7	McCain superfries, ribeye steak, st Hubert sauce.	McCain superfries, ribeye steak, st Hubert sauce.
2023-10-16	dinner	st hubert bbq sauce	2	100	tbsp		15	McCain superfries, ribeye steak, st Hubert sauce.	McCain superfries, ribeye steak, st Hubert sauce.
2023-10-16	snack	anthon berg liquor filled dark chocolate	4	100	pieces		560	4 chocolates	4 chocolates
2023-10-16	snack	president's choice high protreien shake, vanilla	1	100	bottle		0		
2023-10-16	snack	president's choice high protreien shake, vanilla	1	100	bottle		0		
2023-10-17	snack	gay lea nordica cottage cheeses, 2% mf	0.5	100	cup		110		
2023-10-17	breakfast	rivalus promasil chocolate protein powder	1	100	scoop		0		
2023-10-17	breakfast	organika enhanced collagen protein powder	2	100	scoops		35		
2023-10-17	breakfast	kirkland signature organic fortified almond beverage	2	100	cup		70		
2023-10-17	breakfast	pure encapsulations purelean fibre powder	2	100	scoops		40		
2023-10-17	breakfast	klean athlete klean creatine powder	1	100	scoop		0		
2023-10-17	breakfast	mixed berries frozen	1	100	cup		79.8		
2023-10-17	lunch	yupik cashews	10	100	gram		55	logged from recent items	logged from recent items
2023-10-17	lunch	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-17	lunch	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-17	lunch	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-17	lunch	kirkland signature organic whole brazil nuts	10	100	gram		70	logged from recent items	logged from recent items
2023-10-17	lunch	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	logged from recent items	logged from recent items
2023-10-17	snack	cosmic crisp apple	1	100	small - 2 3/4" diameter		83.4		
2023-10-17	snack	president's choice high protrierein shake, vanilla	1	100	bottle		0		
2023-10-17	lunch	stonemill plant based protein with whole grains	2	100	slice		140		
2023-10-17	lunch	maple leaf natural selections turkey breast, shaved	3	100	slices		45		
2023-10-17	lunch	castello jalapeno havarti	42	100	gram		178.9		
2023-10-17	lunch	maile mustard, dyon originale	1	100	tbsp		30		
2023-10-17	dinner	fresh attitude spring mix salad kit	100	100	gram		179.2		
2023-10-17	dinner	chicken skewer	1	100	skewer	black pepper	117		
2023-10-17	dinner	kirkland signature balsamic vinegar, organic	2	100	tbsp		100		
2023-10-17	dinner	kirkland signature italian extra virgin olive oil	2	100	tbs		240		
2023-10-17	snack	fairlife core power elite protein shake, chocolate	1	100	bottle		230		
2023-10-18	breakfast	crush soda, grape	1	100	can		170	Grape crush soda	Grape crush soda
2023-10-18	snack	crush soda, grape	1	100	can		170	logged from recent items	logged from recent items
2023-10-18	snack	crush soda, grape	1	100	can		170	logged from recent items	logged from recent items
2023-10-18	lunch	pho soup (vietnamese noodle soup)	4	100	cup		570.6		
2023-10-18	lunch	ribeye steak	5	100	ounce	balsamic glaze	295.8		
2023-10-18	lunch	mashed potatoes	1	100	tbsp	gravy	23		
2023-10-18	lunch	sauteed green beans with garlic	0.5	100	cup		80.3		
2023-10-18	lunch	sauteed vegetables	1	100	cup [chopped]		133		

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-18	dinner	fasting	1	100	N/A		0		
2023-10-18	dinner	fasting	1	100	N/A		0		
2023-10-18	dinner	fairlife core power elite protein shake, chocolate	1	100	bottle		230		
2023-10-18	dinner	oroweat, 22 grains and seeds bread	2	100	slice		210		
2023-10-18	dinner	guacamole	0.25	100	cup		56.4		
2023-10-18	dinner	morningstar farms chipotle black bean burger	1	100	patty		190		
2023-10-18	dinner	fairlife core power high protein milk shake, banana	1	100	bottle		170		
2023-10-18	snack	fairlife core power elite protein shake, chocolate	0.5	100	bottle		115	logged from recent items	logged from recent items
2023-10-19	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-19	breakfast	coca-cola	1	100	can - 355ml		131.3	Coca cola can	Coca cola can
2023-10-19	breakfast	coca-cola	1	50	can - 355ml		65.7	logged from recent items	logged from recent items
2023-10-19	lunch	pho soup (vietnamese noodle soup)	2	100	cup		285.3	Pho; Pho	Pho; Pho
2023-10-19	lunch	movie theater popcorn	2	100	cup		91.4		
2023-10-19	lunch	popcorn	2	100	cup		92.6		
2023-10-19	snack	anthon berg liquor filled dark chocolate	3	100	pieces		420	4 chocolates	
2023-10-19	snack	turin baileys original filled chocolate	2	100	piece		102.3		
2023-10-19	dinner	original bothwell squeak'rs natural cheese curds	1.5	100	oz		170.1		
2023-10-19	dinner	tuna, raw	4	100	ounce	soy sauce; white rice, steamed; sesame seed	227.4		
2023-10-19	dinner	bowl base	1	100	bowl	radish; green pepper; chives; green onion; wild rice; tuna; garlic; sesame	222.5		

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
						seed			
2023-10-19	snack	pineapple	1	100	medium slice - 3 1/2" diameter x 1/2"		28		
2023-10-20	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-20	snack	basse pumpkin seeds, shelled roasted salted organic	10	100	gram		56	logged from recent items	logged from recent items
2023-10-20	snack	kirkland signature organic whole brazil nuts	10	100	gram		70	logged from recent items	logged from recent items
2023-10-20	snack	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-20	snack	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items
2023-10-20	snack	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-20	snack	yupik cashews	10	100	gram		55	logged from recent items	logged from recent items
2023-10-20	lunch	maple leaf natural selections turkey breast, shaved	4	100	slices		60	logged from recent items	logged from recent items
2023-10-20	lunch	stonemill plant based protein with whole grains	2	100	slice		140	logged from recent items	logged from recent items
2023-10-20	lunch	castello jalapeno havarti	42	100	gram		178.9	logged from recent items	logged from recent items
2023-10-20	lunch	maille mustard, dyon originale	1	100	tbsp		30	logged from recent items	logged from recent items
2023-10-20	snack	fairlife core power elite protein shake, chocolate	1	100	bottle		230	logged from recent items	logged from recent items
2023-10-20	snack	cheese curds	50	100	gram		189.8	Curd cheese	Curd cheese
2023-10-20	dinner	butter chicken (rice included)	1	100	cup	peas and carrots	360.3	Butter chicken on rice with peas and carrots	Butter chicken on rice with peas and carrots
2023-10-20	snack	babybel, semisoft cheese, original	2	100	piece		140	2 Babybel cheese	2 Babybel cheese
2023-10-20	snack	apple	1	100	medium - 3" diameter		111	1 apple	1 apple
2023-10-20	snack	fairlife core power elite protein shake,	1	100	bottle		230	logged from recent items	logged from recent items

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
		chocolate							
2023-10-21	snack	president's choice, high protein ultra shake, chocolate	1	100	bottle		240		
2023-10-24	breakfast	prejym branched-chain amino acids, tangerine	1	100	scoop		80		
2023-10-24	breakfast	kirkland signature organic fortified soy beverage	2	100	cup		180		
2023-10-24	breakfast	pro jym protein powder, root beer float	1	100	scoop		124.4		
2023-10-24	breakfast	organika enhanced collagen protein powder	2	100	scoops		35		
2023-10-24	breakfast	mixed berries frozen	1	100	cup		79.8		
2023-10-24	breakfast	pure encapsulations purelean fibre powder	1	100	scoops		20		
2023-10-24	breakfast	post jym bcaas + recovery matrix powder, grape candy	1	100	scoops		40		
2023-10-24	breakfast	water	8	100	fluid ounce		0		
2023-10-24	breakfast	post jym fast-digesting carbs, mandarin orange	1	100	scoop		120		
2023-10-24	breakfast	pro jym protein powder, root beer float	2	100	scoop		280		
2023-10-24	breakfast	kirkland signature organic fortified soy beverage	2	100	cup		180		
2023-10-24	lunch	inspiration bergeron cheese selection, lactose free	1	100	ounce		104		
2023-10-24	lunch	burnbrae farms, omega 3 egg	5	100	egg		400		
2023-10-24	lunch	life smart naturalia 100% liquid egg whites	0.75	100	cup		45.9		
2023-10-24	lunch	gay lea butter, salted	3	100	tsp		105		
2023-10-24	lunch	nature's path organic quick cook steel cut whole grain oats	1	100	packet		150		
2023-10-24	lunch	sun parlor pure honey, summer blossom	1	100	tbsp		64.4		
2023-10-24	dinner	a&w double mozza burger	1	100	burger		780	A&W double mozza burger	A&W double mozza burger
2023-10-24	snack	gay lea nordica cottage cheeses, 2% mf	1	100	cup		220		

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-24	snack	fairlife core power elite protein shake, chocolate	1	100	bottle		230	logged from recent items	logged from recent items
2023-10-24	snack	cheese curds	50	100	gram		189.8	logged from recent items	logged from recent items
2023-10-25	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-25	lunch	multigrain bread	2	100	medium slice	mustard	207.3		
2023-10-25	lunch	deli slices turkey breast	3	100	slices		29.9		
2023-10-25	lunch	inspiration bergeron cheese selection, lactose free	5	100	slice		137.5		
2023-10-25	lunch	kirkland signature nut bars	1	100	bar		200		
2023-10-25	snack	anthon berg liquor filled dark chocolate	4	100	pieces		560		
2023-10-25	snack	orange	1	100	medium - 2 5/8" diameter		72.4	Orange	Orange
2023-10-25	dinner	cabernet sauvignon	5	100	fluid ounce		125		
2023-10-25	dinner	beef steak, porterhouse, no visible fat eaten	16	100	ounce		925.3	Porterhouse T-bone steak 16 ounces	Porterhouse T-bone steak 16 ounces
2023-10-25	snack	lesser evil popcorn, himalayan pink salt, vegan	2	100	cup		80		
2023-10-26	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-26	breakfast	prejym branched-chain amino acids, tangerine	1	100	scoop		80	logged from recent items	logged from recent items
2023-10-26	lunch	beef steak, porterhouse, no visible fat eaten	10	100	ounce	fine ground black pepper	578.3		
2023-10-26	lunch	anthon berg liquor filled dark chocolate	4	100	pieces		560	4 pieces;	4 pieces
2023-10-26	snack	basse pumpkin	10	100	gram		56	logged from recent	logged from recent

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
		seeds, shelled roasted salted organic						items	items
2023-10-26	snack	kirkland signature organic whole brazil nuts	10	100	gram		70	logged from recent items	logged from recent items
2023-10-26	snack	kirkland signature walnuts	10	100	gram		66.6	logged from recent items	logged from recent items
2023-10-26	snack	kirkland signature, whole almonds	10	100	gram		57.9	logged from recent items	logged from recent items
2023-10-26	snack	kirkland signature dry roasted macadamia nuts	10	100	gram		75	logged from recent items	logged from recent items
2023-10-26	snack	yupik cashews	10	100	gram		55	logged from recent items	logged from recent items
2023-10-26	dinner	hello fresh zucchini and lemon linguine	1	100	bowl		828.9		
2023-10-26	snack	fairlife core power elite protein shake, chocolate	1	100	bottle		230	logged from recent items	logged from recent items
2023-10-27	breakfast	prejym branched- chain amino acids, tangerine	1	100	scoop		80	logged from recent items	logged from recent items
2023-10-27	breakfast	protein shake base, homemade	1	100	shake	protein powder; beverages, almond milk, unsweetened, shelf stable; blueberry; raspberry; collagen powder; creatine; metamucil fibre capsules	378.4	logged from recent items	logged from recent items
2023-10-27	breakfast	post jym fast- digesting carbs, mandarin orange	1	100	scoop		120	logged from recent items	logged from recent items
2023-10-27	breakfast	post jym bcaas + recovery matrix powder, grape candy	1	100	scoops		40	logged from recent items	logged from recent items
2023-10-27	breakfast	pro jym protein powder, root beer float	2	100	scoop		280	logged from recent items	logged from recent items
2023-10-27	breakfast	kirkland signature organic fortified soy beverage	2	100	cup		180	logged from recent items	logged from recent items
2023-10-27	lunch	egg	3	100	medium		188.8	3 whole eggs, 5 egg whites and 5 small slices of cheese	3 whole eggs, 5 egg whites and 5 small slices of cheese
2023-10-27	lunch	egg white	5	100	medium		76.4	3 whole eggs, 5 egg whites and 5 small slices of cheese	3 whole eggs, 5 egg whites and 5 small slices of cheese
2023-10-27	lunch	cheese	5	100	cracker-size slice		181.3	3 whole eggs, 5 egg whites and 5 small slices of cheese	3 whole eggs, 5 egg whites and 5 small slices of cheese

Disclaimer: Although we do our best to ensure the highest degree of accuracy, some foods, sizes, or the underlying nutritional data provided from validated sources [e.g. USDA, manufacturer] may contain errors. Use this information as an estimate and for educational purposes. This is not intended to replace clinical advice.

Date	Meal	Food	Servings	% Eaten	Serving Unit	Add-ons	KCal	Notes	Patient Input Note
2023-10-27	lunch	seasoning	0.25	100	tsp		0		3 whole eggs, 5 egg whites and 5 small slices of cheese
2023-10-27	lunch	oatmeal	1	100	cup	honey	175.7		
2023-10-27	snack	apple	1	100	medium - 3" diameter		111		
2023-10-27	dinner	pita bread	1	100	small 4"	tzatziki	110.4	Chicken souvlaki stick, pita bread and tzatziki	Chicken souvlaki stick, pita bread and tzatziki
2023-10-27	dinner	chicken souvlaki skewers	1	100	kabob		61.6	Chicken souvlaki stick, pita bread and tzatziki	Chicken souvlaki stick, pita bread and tzatziki
2023-10-27	snack	lesser evil popcorn, himalayan pink salt, vegan	2	100	cup		80		