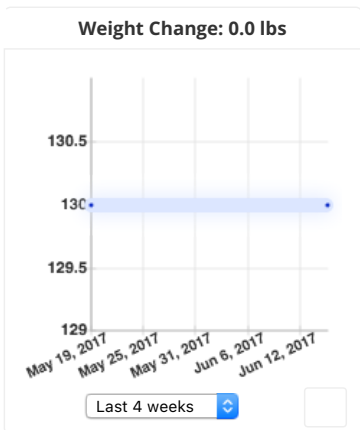
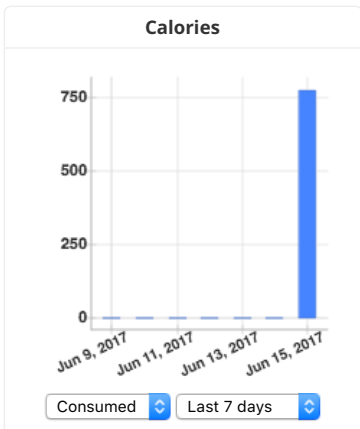




June 15, 2017



ADD FOOD
ADD EXERCISE
ADD BIOMETRIC
ADD NOTE

Description	Amount	Unit	Calories
Banana, Fresh	3	medium - 7" to 7 7/8" long	315.06
Dates, Medjool	3	date, pitted	199.44
Cocoa Powder, Unsweetened	1	tbsp	12.26
Strawberries, Frozen, Unsweetened	1	cup	77.35
Spinach, Raw	1	× 1/4 bunch	19.55
Peanut Butter, Natural, Unsalted	1	tbsp	93.92
Amazing Grass Green Superfood, Berry Drink Powder, Goji & Acai	1	scoop	30
So Nice, Fortified Almond Beverage, Unsweetened	1	cup (250 mL)	30

Calories Summary

Carbs **-827.2**
 Activity
 Basal Metabolic Rate

777.7 kcal CONSUMED
1605 kcal BURNED

Energy: 777.6 kcal / 1337 kcal (58%)
Protein: 16.5 g / 46.0 g (36%)
Net Carbs: 142.7 g / 130.0 g (110%)
Fat: 13.0 g / 65.0 g (20%)

Nutrient Targets

56% TARGETS
107% Fiber
46% Iron
55% Calcium
433% Vit.A
237% Vit.C
188% Vit.B12
90% Folate

General			Vitamins		
Energy	777.6 kcal	58%	B1 (Thiamine)	0.3 mg	26%
Alcohol	0.0 g	No Target	B2 (Riboflavin)	1.4 mg	123%
Caffeine	12.4 mg	No Target	B3 (Niacin)	8.0 mg	57%
Water	557.5 g	21%	B5 (Pantothenic Acid)	2.2 mg	45%
Carbohydrates			B6 (Pyridoxine)	1.9 mg	144%
Carbs	169.6 g	130%	B12 (Cobalamin)	4.5 µg	188%
Fiber	26.9 g	107%	Folate	361.3 µg	90%
Starch	21.8 g	No Target	Vitamin A	10092.7 IU	433%
Sugars	103.0 g	No Target	Vitamin C	177.7 mg	237%
Lipids			Vitamin D	180.0 IU	30%
Fat	13.0 g	20%	Vitamin E	5.6 mg	37%
Monounsaturated	6.1 g	No Target	Vitamin K	486.2 µg	540%
Polyunsaturated	2.7 g	No Target	Minerals		
Omega-3	0.3 g	24%	Calcium	548.4 mg	55%
Omega-6	2.4 g	20%	Copper	1.0 mg	114%

CRON-O-Meter

Saturated	2.3 g	n/a
Trans-Fats	0.0 g	0.004 g
Cholesterol	0.0 mg	No Target

Iron	8.3 mg	46%
Magnesium	305.2 mg	98%
Manganese	3.3 mg	181%
Phosphorus	440.4 mg	63%
Potassium	2958.2 mg	63%
Selenium	12.4 µg	23%
Sodium	217.9 mg	15%
Zinc	3.9 mg	49%

Protein		
Protein	16.5 g	36%
Cystine	0.2 g	29%
Histidine	0.5 g	58%
Isoleucine	0.5 g	40%
Leucine	0.8 g	34%
Lysine	0.6 g	26%
Methionine	0.1 g	26%
Phenylalanine	0.6 g	61%
Threonine	0.4 g	37%
Tryptophan	0.1 g	45%
Tyrosine	0.4 g	37%
Valine	0.6 g	42%



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