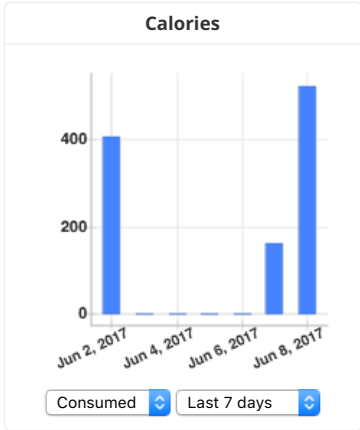




June 8, 2017



Description	Amount	Unit	Calories
Bob's Red Mill, oats, rolled, old fashioned, dry, gluten free	0.5	× 1/2 Cup	95.04
Sunflower Seeds, Raw	1	tbsp, whole pieces	51.1
Coconut, Dried, Shredded or Flaked, Unsweetened	1	tbsp, shredded	33
Quinoa, Dry	1	oz	104.33
Flax Seeds, Not Fortified	1	tbsp, ground	37.38
Chia Seeds	1	tsp, whole pieces	16.2
Apricot, Dried, Uncooked	0.5	oz	34.16
Raisins, Uncooked	1	tbsp, whole pieces	27.1
Aunt Patty's, syrup, agave, dark blue, raw	2	Tablespoon	84
Coconut Oil	1	tsp	40.51

Calories Summary

522.8 kcal CONSUMED
-1082
1605 kcal BURNED

Fat Carbs Activity Basal Metabolic Rate

Energy: 522.8 kcal / 1337 kcal (39%)
 Protein: 13.5 g / 46.0 g (29%)
 Net Carbs: 80.6 g / 130.0 g (62%)
 Fat: 19.9 g / 65.0 g (31%)

Nutrient Targets

29% TARGETS | 43% Fiber | 24% Iron | 8% Calcium | 22% Vit.A | 1% Vit.C | 0% Vit.B12 | 21% Folate

General		
Energy	522.8 kcal	39%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	10.8 g	0%

Carbohydrates		
Carbs	91.3 g	70%
Fiber	10.7 g	43%
Starch	16.0 g	No Target
Sugars	37.7 g	No Target

Lipids		
Fat	19.9 g	31%
Monounsaturated	3.1 g	No Target
Polyunsaturated	5.9 g	No Target
Omega-3	2.3 g	208%
Omega-6	3.6 g	30%

Vitamins		
B1 (Thiamine)	0.4 mg	33%
B2 (Riboflavin)	0.2 mg	15%
B3 (Niacin)	2.0 mg	15%
B5 (Pantothenic Acid)	0.5 mg	11%
B6 (Pyridoxine)	0.4 mg	30%
B12 (Cobalamin)	0.0 µg	0%
Folate	82.1 µg	21%
Vitamin A	520.7 IU	22%
Vitamin C	0.6 mg	1%
Vitamin D	0.0 IU	0%
Vitamin E	4.5 mg	30%
Vitamin K	24.7 µg	27%

Minerals		
Calcium	79.6 mg	8%
Copper	0.6 mg	62%

CRON-O-Meter

Saturated	8.0 g	n/a
Trans-Fats	0.0 g	0.008 g
Cholesterol	0.0 mg	No Target

Iron	4.3 mg	24%
Magnesium	168.6 mg	54%
Manganese	1.2 mg	67%
Phosphorus	380.9 mg	54%
Potassium	632.2 mg	13%
Selenium	12.0 µg	22%
Sodium	15.1 mg	1%
Zinc	2.5 mg	31%

Protein

Protein	13.5 g	29%
Cystine	0.1 g	26%
Histidine	0.2 g	29%
Isoleucine	0.4 g	32%
Leucine	0.6 g	23%
Lysine	0.4 g	19%
Methionine	0.2 g	33%
Phenylalanine	0.4 g	41%
Threonine	0.3 g	26%
Tryptophan	0.1 g	42%
Tyrosine	0.2 g	21%
Valine	0.4 g	30%



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