

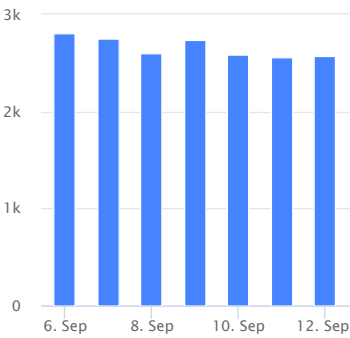
September 11, 2019

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE

Sep 2019						
S	M	T	W	T	F	S
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

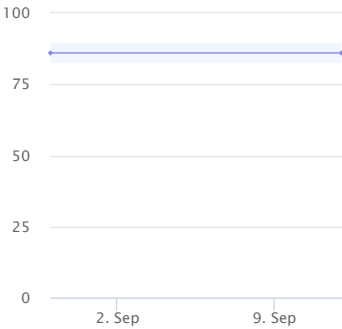


Calories



Consumed Last 7 days

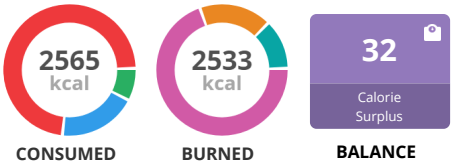
Weight Change: 0.0 kg



Last 2 weeks

Description	Amount	Unit	Calories
Now, Selenium, 200 mcg	1	Veg Capsule	0
snidane			
Green Beans, Cooked from Frozen	300	g	84
Hazelnuts, Raw	50	g	314
Olive Oil	40	g	353.6
Biokia, Sea Buckthorn	10	g	5
svacina			
obed			
Chicken Broth, Kitchen Basics, unsalted	1000	g	81.63
Split Peas, Yellow or Green, Cooked From Dried	150	g	177
Avocados, Raw, All Commercial Varieties	140	g	224
Mushrooms, Shiitake, Dried	20	g	59.2
Sauerkraut	150	g	28.5
Ghee, Clarified Butter	30	g	262.8
Sprouts Farmers Market, Sunflower Lecithin	5	g	30
Biokia, Sea Buckthorn	10	g	5
svacina			
Juice			
Remag	8	ml	0
vecere			
Cauliflower, Cooked from Fresh	300	g	69
Lettuce, Iceberg	200	g	28
Cucumber, Raw, Without Peel	250	g	30
Macadamia Nuts, Raw	50	g	359
Olive Oil	50	g	442
Biokia, Sea Buckthorn	5	g	4.5
walking, 2.8 to 3.2 mph, level, moderate pace, firm surface	120	minutes	-451.5
Taurin	5	g	0
Lysin	3	g	0
Solgar, Zinc Picolinate, 22 mg	1	Tablet	0

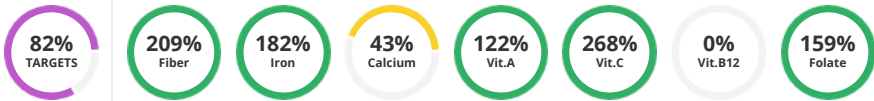
Calories Summary



Macronutrient Targets

Energy	2565 (2114 net) kcal / 2533 kcal (101%)
Protein	72.0 g / 126.7 g (57%)
Net Carbs	68.2 g / 422.2 g (16%)
Fat	216.7 g / 37.5 g (578%)


Nutrient Targets




General		
Energy	2565.2 kcal	101%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	1337.2 g	36%

Carbohydrates		
Carbs	130.9 g	29%
Fiber	62.7 g	209%
Starch	32.7 g	No Target
Sugars	29.7 g	No Target
Fructose	9.8 g	No Target
Galactose	0.4 g	No Target


Vitamins		
B1 (Thiamine)	1.8 mg	148%
B2 (Riboflavin)	1.2 mg	95%
B3 (Niacin)	11.7 mg	73%
B5 (Pantothenic Acid)	10.6 mg	213%
B6 (Pyridoxine)	2.1 mg	126%
B12 (Cobalamin)	0.0 µg	0%
Choline	442.5 mg	80%
Folate	635.5 µg	159%
Vitamin A	3649.6 IU	122%
Alpha-carotene	235.6 µg	No Target
Beta-carotene	1536.7 µg	No Target
Beta-cryptoxanthin	84.2 µg	No Target




2 975 Kč




563 Kč




634 Kč



774 Kč





Nejlevn

Cronometer

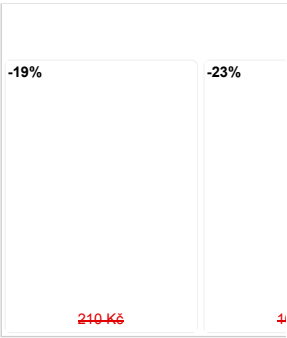
Glucose	10.4	g	No Target
Lactose	0.0	g	No Target
Maltose	0.4	g	No Target
Sucrose	6.6	g	No Target
Net Carbs	68.2	g	16%

Lipids			
Fat	216.7	g	570%
Monounsaturated	141.3	g	No Target
Polyunsaturated	20.6	g	No Target
Omega-3	2.3	g	142%
Omega-6	17.0	g	121%
Saturated	44.0	g	44,031 g
Trans-Fats	1.4	g	1,350 g
Cholesterol	76.8	mg	n/a

Protein			
Protein	72.0	g	57%
Arginine	3.8	g	76%
Cystine	0.6	g	161%
Glutamic acid	8.5	g	No Target
Glycine	1.8	g	18%
Histidine	1.0	g	112%
Isoleucine	1.6	g	94%
Leucine	2.8	g	84%
Lysine	5.1	g	196%
Methionine	0.5	g	61%
Phenylalanine	2.0	g	186%
Proline	1.8	g	No Target
Threonine	1.6	g	124%
Tryptophan	0.5	g	139%
Tyrosine	1.2	g	112%
Valine	2.0	g	89%

Lutein+Zeaxanthin	3072.9	µg	No Target
Lycopene	0.0	µg	No Target
Retinol	247.2	µg	10%
Retinol Activity Equivalent	388.1	µg	No Target
Vitamin C	241.2	mg	268%
Vitamin D	34.6	IU	6%
Vitamin E	26.3	mg	175%
Beta Tocopherol	0.3	mg	No Target
Delta Tocopherol	0.2	mg	No Target
Gamma Tocopherol	3.6	mg	No Target
Vitamin K	333.5	µg	278%

Minerals			
Calcium	431.6	mg	43%
Copper	3.4	mg	379%
Iron	14.6	mg	182%
Magnesium	895.0	mg	213%
Manganese	8.1	mg	352%
Phosphorus	1233.7	mg	176%
Potassium	4692.3	mg	100%
Selenium	218.0	µg	396%
Sodium	1710.4	mg	132%
Zinc	30.0	mg	273%



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