

Name: Kalla Ganasekhar

Age: 20

Height: 170

Weight: 68

Number of Meals: 2

Meal1 Food Sources

Chicken Breast	Oats Raw	Almonds	Apple	Spinach
87.0	49.0	44.0	173.0	913.0

Meal2 Food Sources

Egg Whole Raw	Brown Rice Cooked	Cashews	Straw Berry	Broccoli
163.0	321.0	69.0	563.0	523.0

Meal3 Food Sources

0.0	0.0	0.0	0.0	0.0

Meal4 Food Sources

0.0	0.0	0.0	0.0	0.0

Meal5 Food Sources

0.0	0.0	0.0	0.0	0.0

Meal6 Food Sources

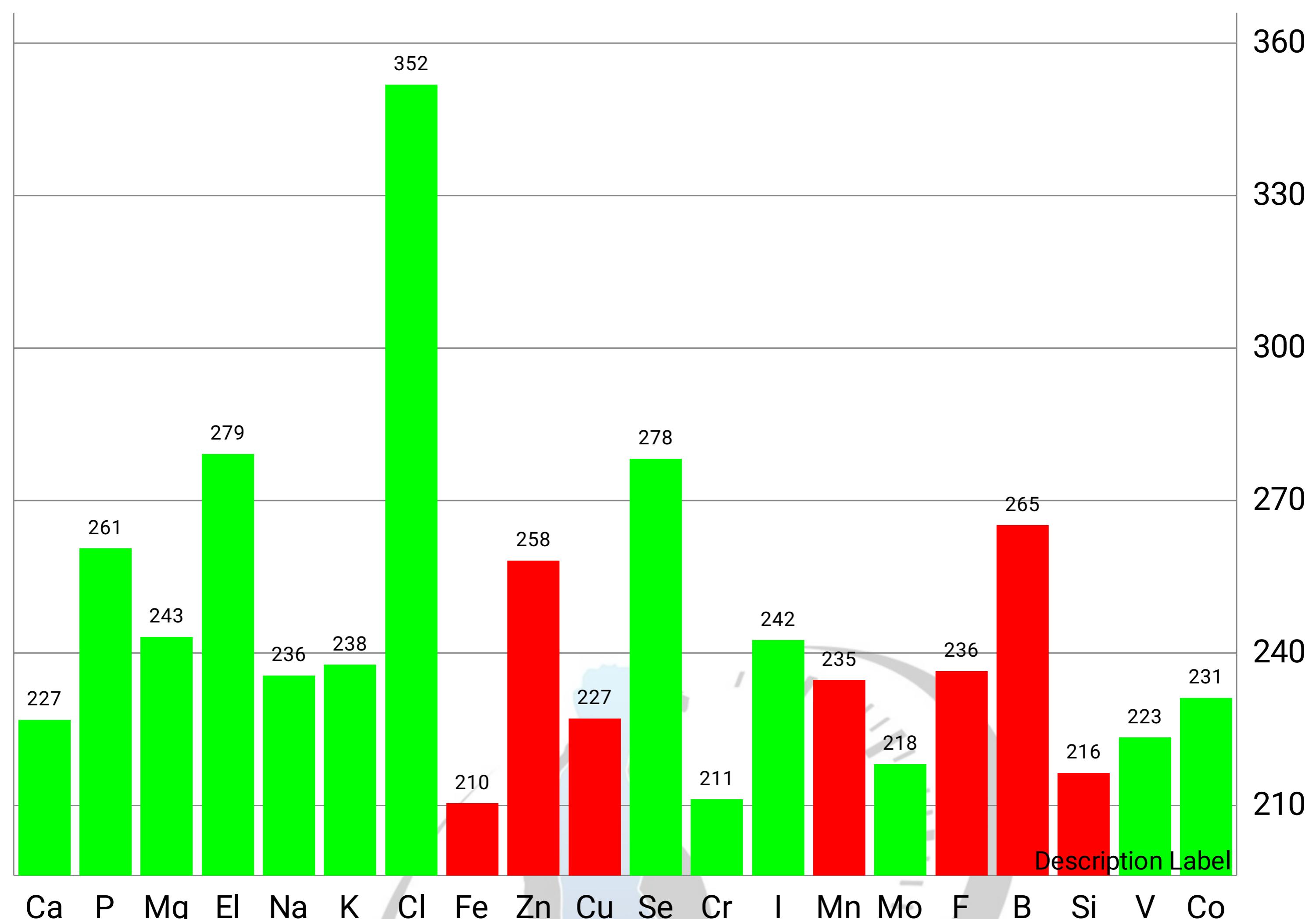
0.0	0.0	0.0	0.0	0.0

BRING OUT THE REAL YOU

MACRO COUNT :



■ Proteins ■ Carbs ■ Fats ■ Fibres



MINERALS BAR GRAPH

MICRO COUNT :

MAJOR MINERALS PROFILE :

Total Calcium: 226.84

Total Phosphorus: 260.54

Total Magnesium: 243.14

Total Electrolytes: 279.12

Total Sodium: 235.54

Total Potassium: 237.69

Total Chloride: 351.83

Total Iron: 210.39

Total Zinc: 258.16

Total Copper: 227.10

Total Selenium: 278.17

Total Chromium: 211.18

Total Iodine: 242.50

Total Manganese: 234.67

Total Molybdenum: 218.14

NON ESSENTIAL TRACE AND ULTRA TRACE MINERALS :

Total Fluoride: 236.41

Total Boron: 265.12

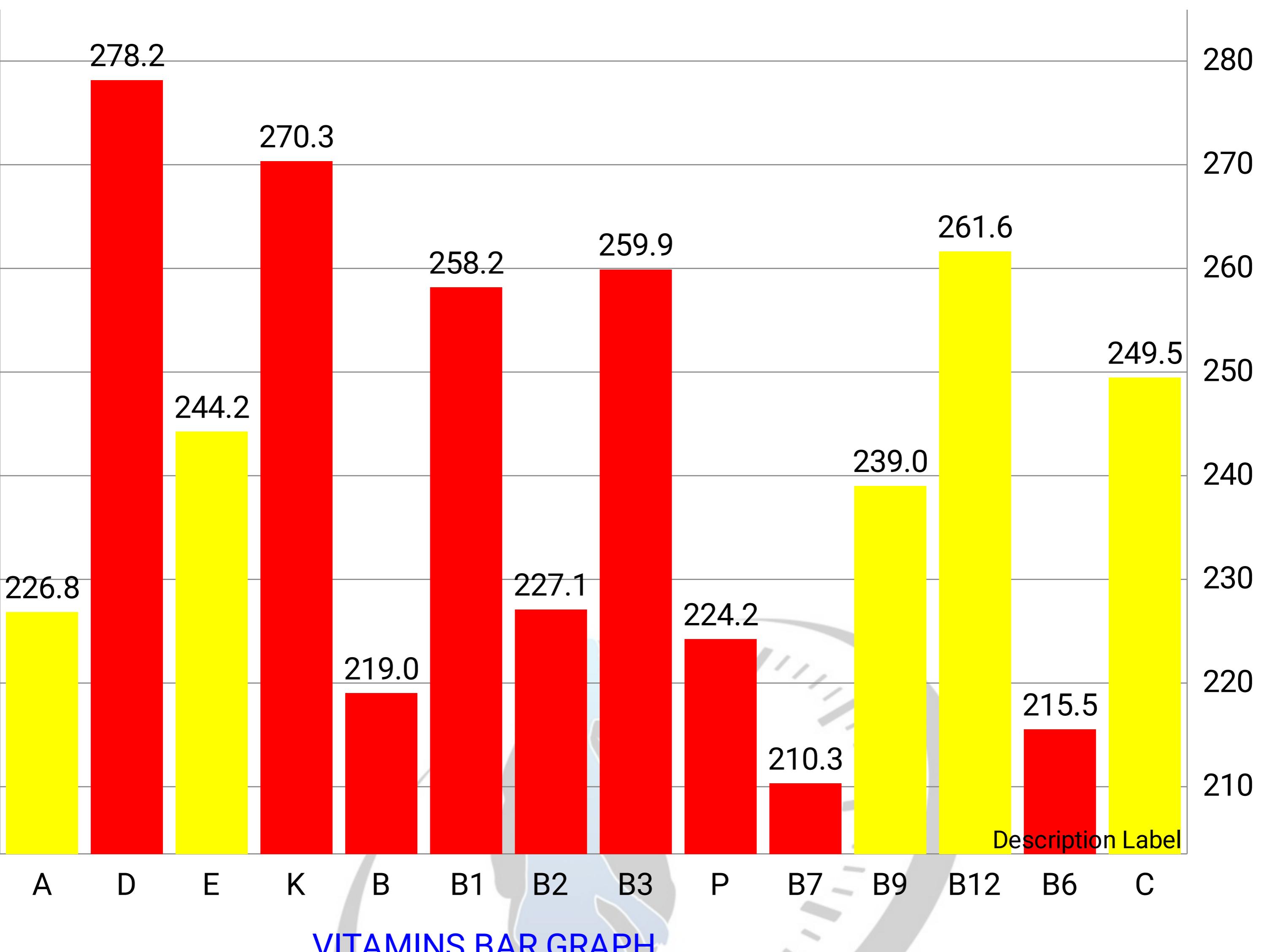
Total Silicon: 216.40

Total Vanadium: 223.36

Total Cobalt: 231.19

2FITNESS

BRING OUT THE REAL YOU



VITAMINS PROFILE :

Total VitaminA: 226.84
Total VitaminD: 278.17
Total VitaminE: 244.24
Total VitaminK: 270.34
Total VitaminB: 219.01
Total VitaminB1(thiamin): 258.16
Total VitaminB2(riboflavin): 227.10
Total VitaminB3: 259.90
Total Pantothenic Acid: 224.23
Total VitaminB7: 210.31
Total VitaminB9: 239.02
Total VitaminB12: 261.64
Total VitaminB6: 215.53
Total VitaminC: 249.46

2FITNESS
WORKOUT THE REAL YOU