

Diet Analysis Report for 11-2024

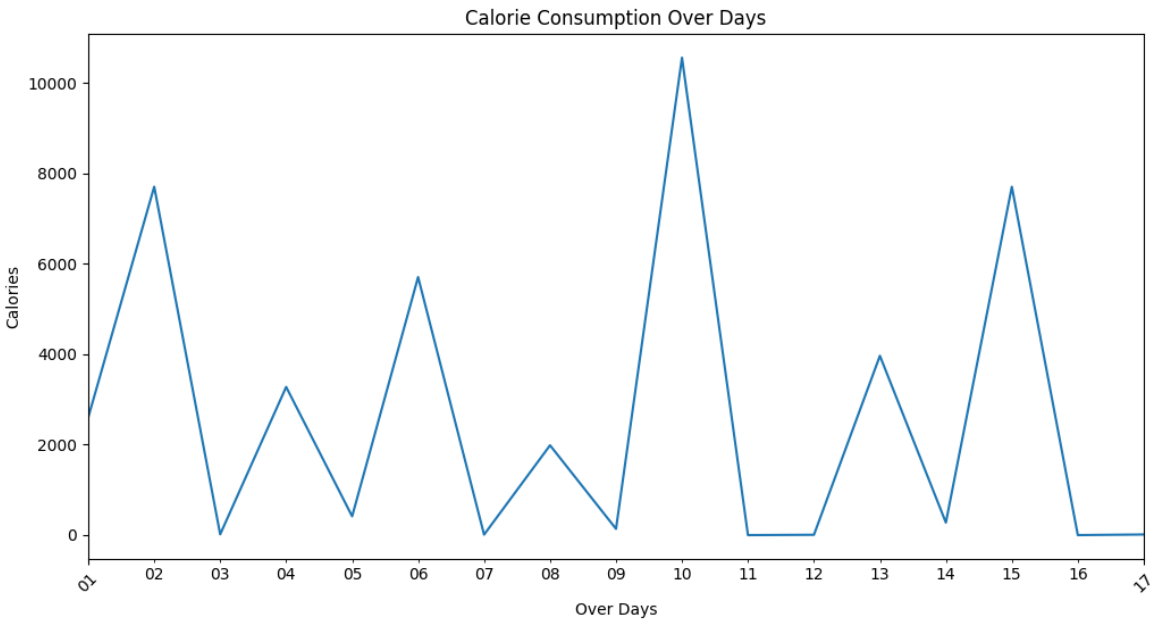
Calorie Analysis

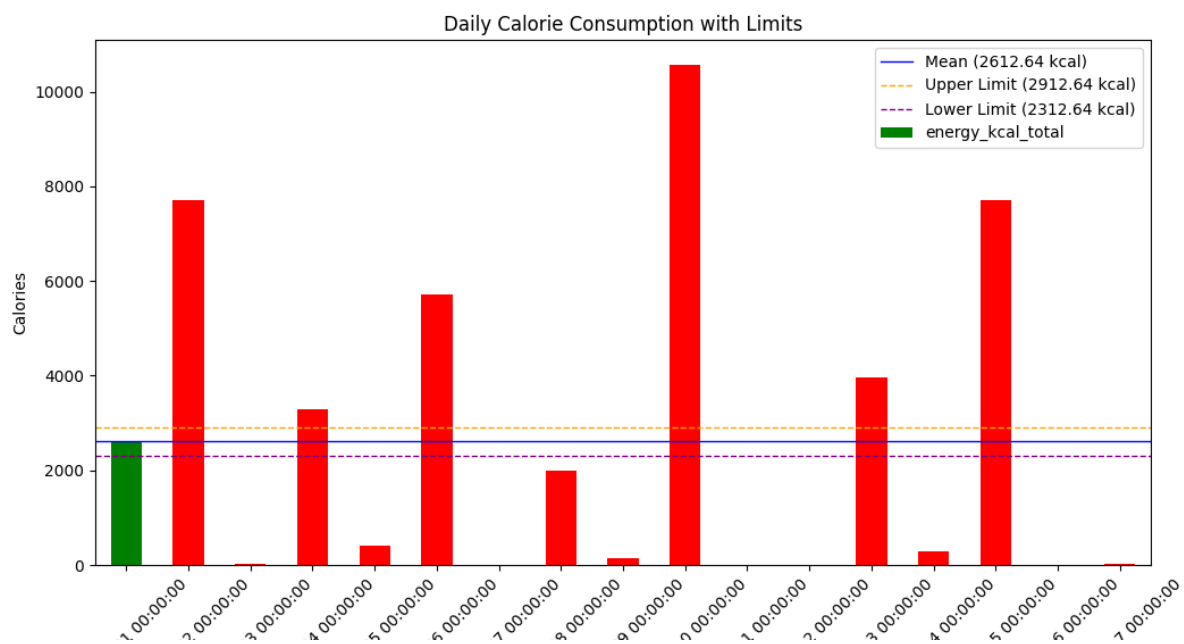
Total Calorie Consumption: 44414.96 kcal

Calorie Consumption Standard Deviation: 3396.51 kcal

Weekly Calorie Consumption

| Week Start | Calories |
|------------|----------|
| 2024-11-03 | 10332.97 |
| 2024-11-10 | 22106.11 |
| 2024-11-17 | 11975.88 |





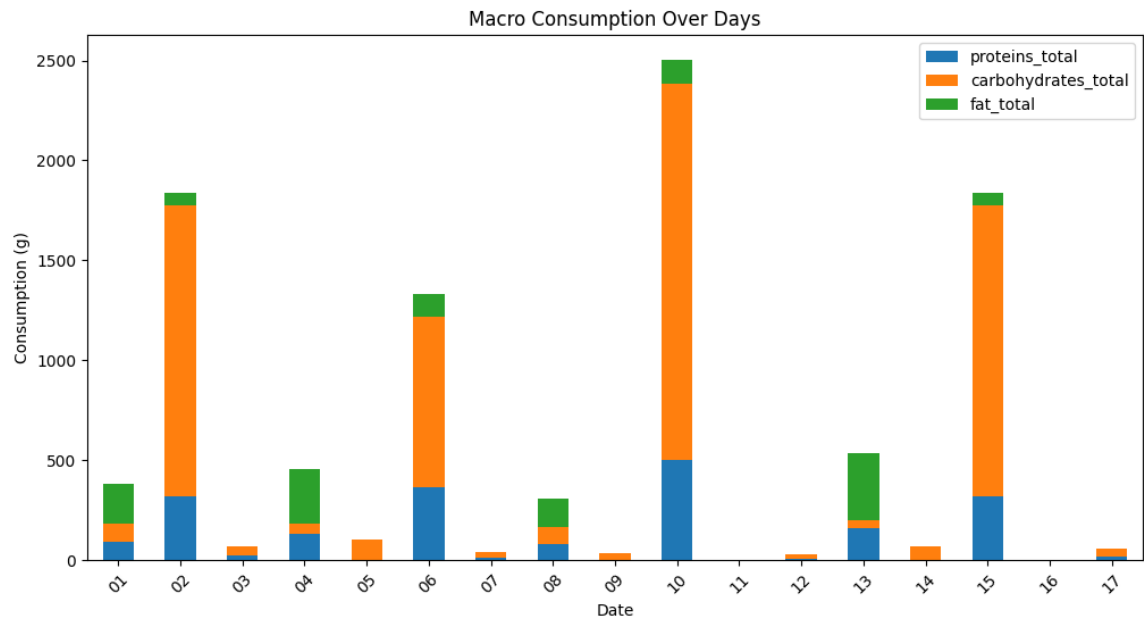
## Top Caloric Products

| Product Name                        | Calories Consumed |
|-------------------------------------|-------------------|
| Spaghetti N.5                       | 26925.00          |
| Almonds                             | 10867.50          |
| Edamame, shelled (Soybeans), frozen | 4770.00           |
| Coca-Cola                           | 1108.80           |
| Smoky Chilli Beanz Bowl             | 696.00            |

# Macronutrient Analysis

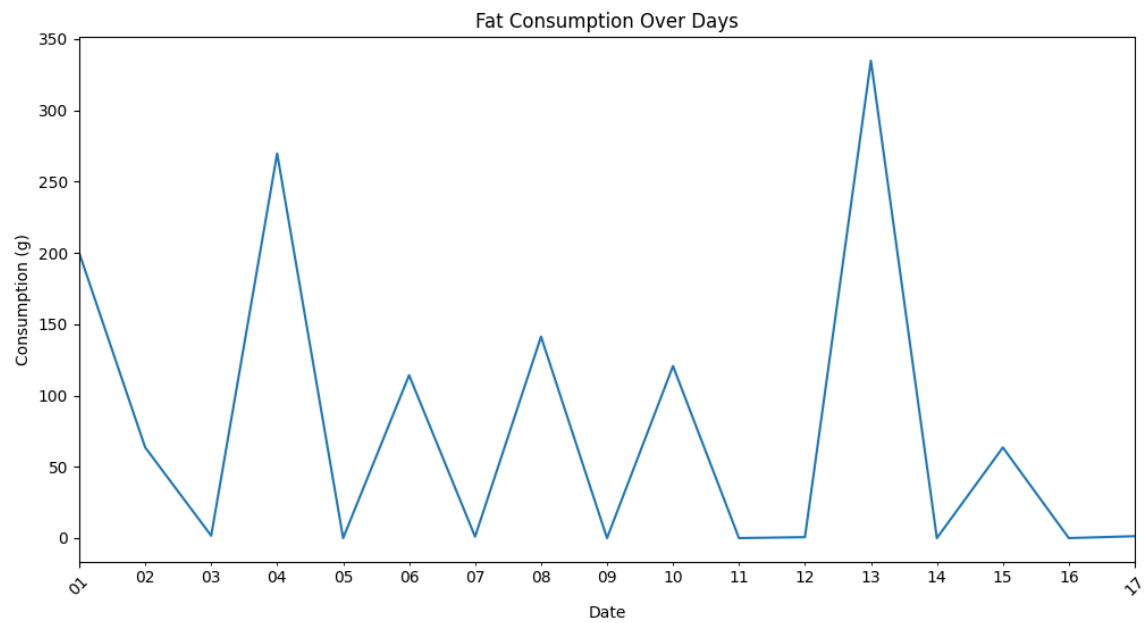
## Weekly Macronutrient Consumption

| Week Start | Protein (g) | Carbohydrates (g) | Fat (g) |
|------------|-------------|-------------------|---------|
| 2024-11-03 | 431.30      | 1590.92           | 265.13  |
| 2024-11-10 | 1092.71     | 3034.62           | 646.82  |
| 2024-11-17 | 500.74      | 1626.45           | 400.32  |



# Fat Analysis

Total Fat Consumption: 1312.27g

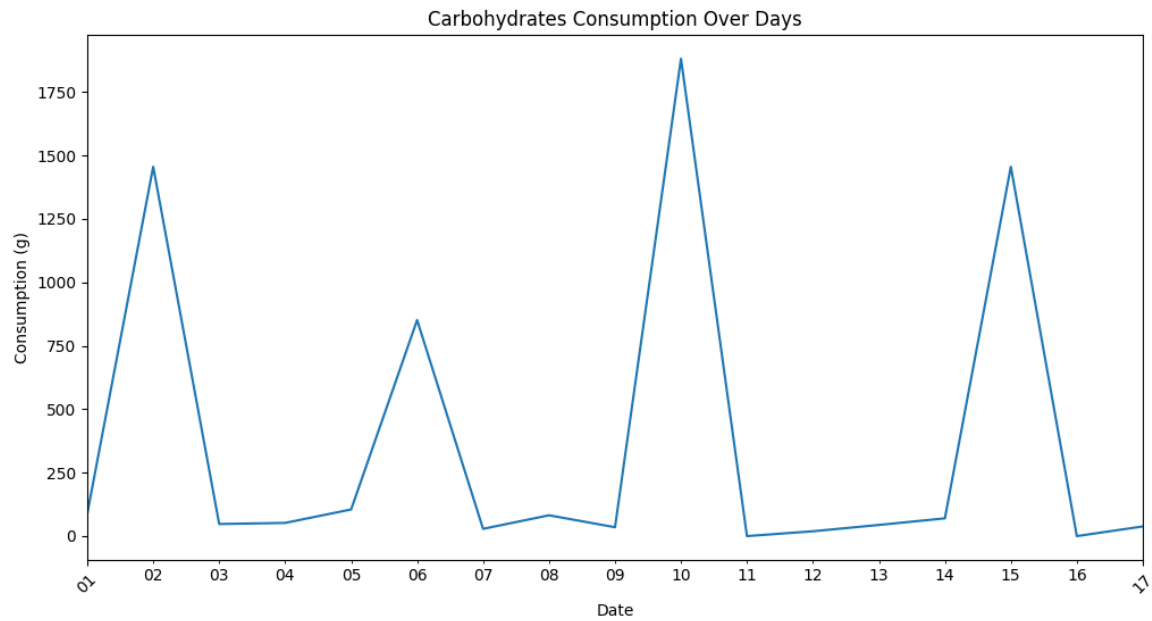


## Top Fat Products

| Product Name                        | Fat Consumed (g) | Percentage (%) |
|-------------------------------------|------------------|----------------|
| Almonds                             | 932.75           | 71.08%         |
| Edamame, shelled (Soybeans), frozen | 211.95           | 16.15%         |
| Spaghetti N.5                       | 150.00           | 11.43%         |
| Smoky Chilli Beanz Bowl             | 12.80            | 0.98%          |
| Red split lentils                   | 4.77             | 0.36%          |

# Carbohydrates Analysis

Total Carbohydrates Consumption: 6251.99g

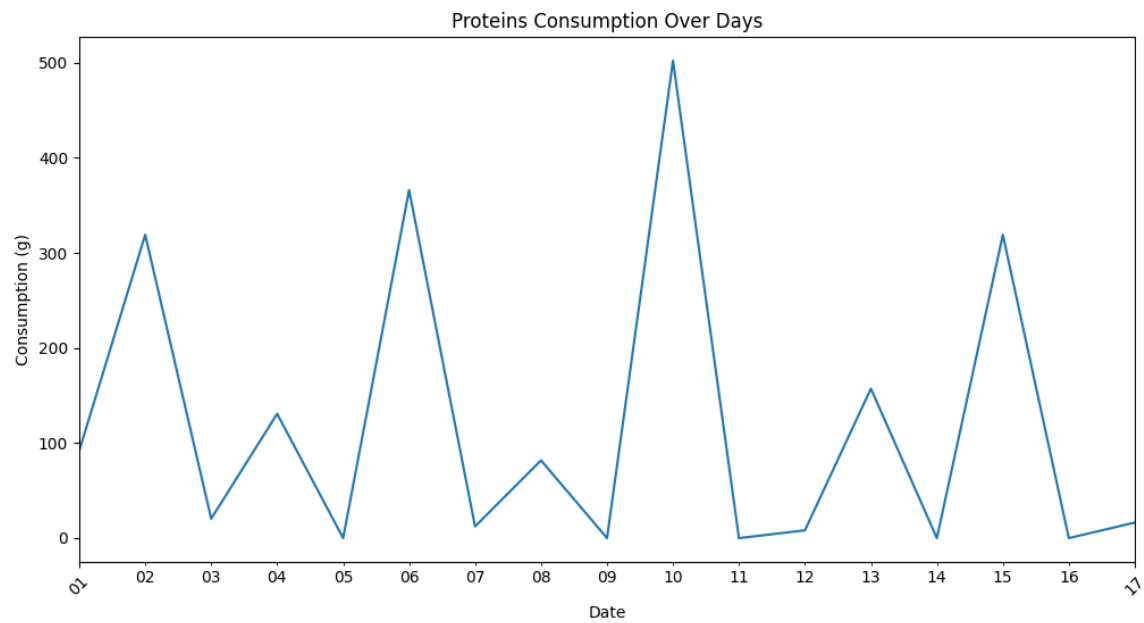


## Top Carbohydrates Products

| Product Name                        | Carbohydrates Consumed (g) | Percentage (%) |
|-------------------------------------|----------------------------|----------------|
| Spaghetti N.5                       | 5325.00                    | 85.17%         |
| Edamame, shelled (Soybeans), frozen | 317.70                     | 5.08%          |
| Coca-Cola                           | 279.84                     | 4.48%          |
| Red split lentils                   | 133.45                     | 2.13%          |
| Smoky Chilli Banz Bowl              | 112.00                     | 1.79%          |

Protein Analysis

Total Protein Consumption: 2024.74g



Top Protein Products

| Product Name                        | Protein Consumed (g) | Percentage (%) |
|-------------------------------------|----------------------|----------------|
| Spaghetti N.5                       | 975.00               | 48.15%         |
| Edamame, shelled (Soybeans), frozen | 531.00               | 26.23%         |
| Almonds                             | 428.75               | 21.18%         |
| Red split lentils                   | 57.19                | 2.82%          |
| Smoky Chilli Banz Bowl              | 32.80                | 1.62%          |

Nutri-Score Analysis

Nutri-Score Products

