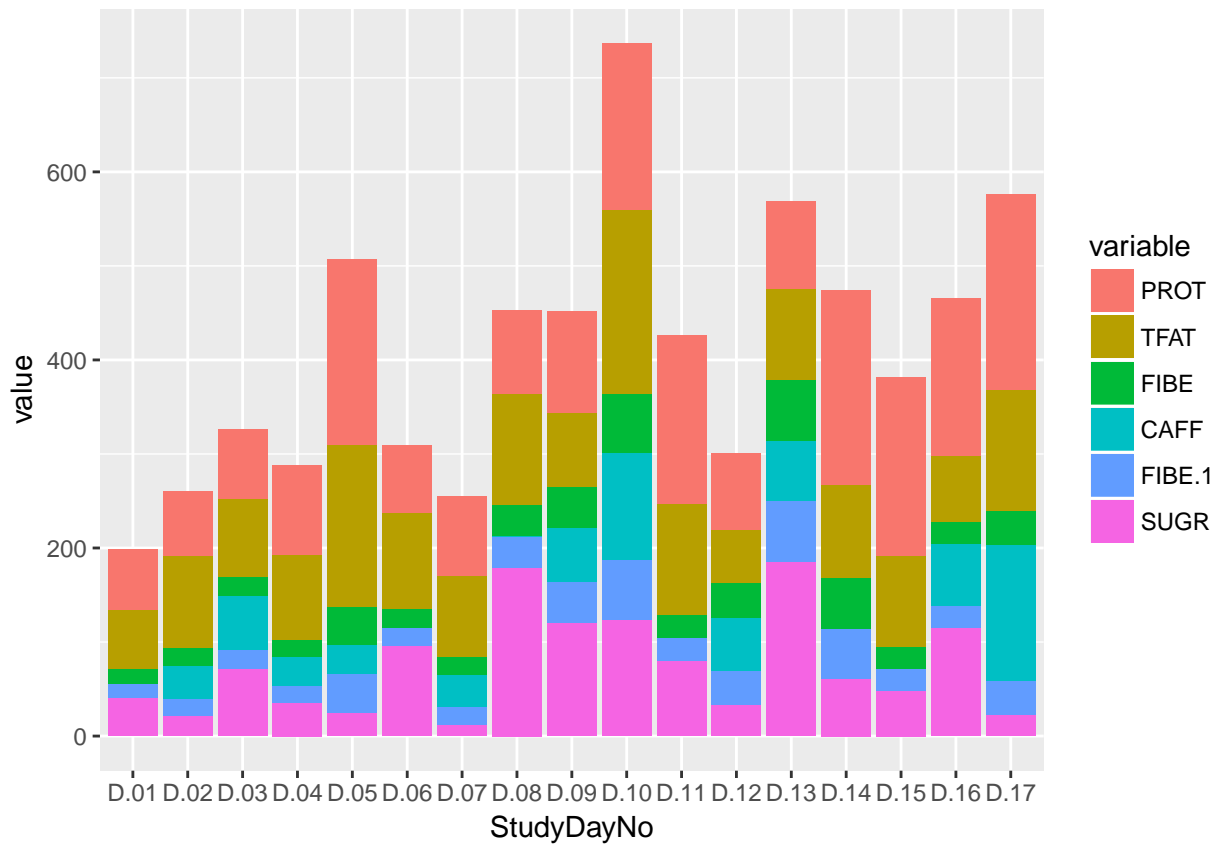


# Subject\_19

Type	Your Average	Total Average
CALORIES	2454.62	2080.11
PROTEIN	126.75	88.57
TOTAL FAT	103.05	89.97
CARBS	255.83	225.55
FIBER	32.59	21.96

## MicroNutrients



## Daily Calorie Intake



## Microbiome Daily Relative Abundance

*# make ggplot bar chart of top 10 most abundant species per day*

```
ggplot(mergedf, aes(x = StudyDayNo, y = value, fill = rn)) +  
  geom_bar(stat = "identity") +  
  scale_x_discrete(drop = FALSE) +  
  theme_classic() +  
  theme(strip.text.y = element_text(angle = 0, size = 8, face = "italic"),  
        axis.text.x = element_text(angle = 45, hjust = 1),  
        axis.title.x = element_blank(),  
        plot.title = element_text(hjust = 0.5),  
        strip.background = element_rect(color = "grey")) +  
  guides(fill = guide_legend(reverse = TRUE,  
                             keywidth = 1,  
                             keyheight = 1,  
                             ncol = 1)) +  
  ylab("Relative Abundance\n") +  
  ggtitle("Main species within your gut per day")
```

