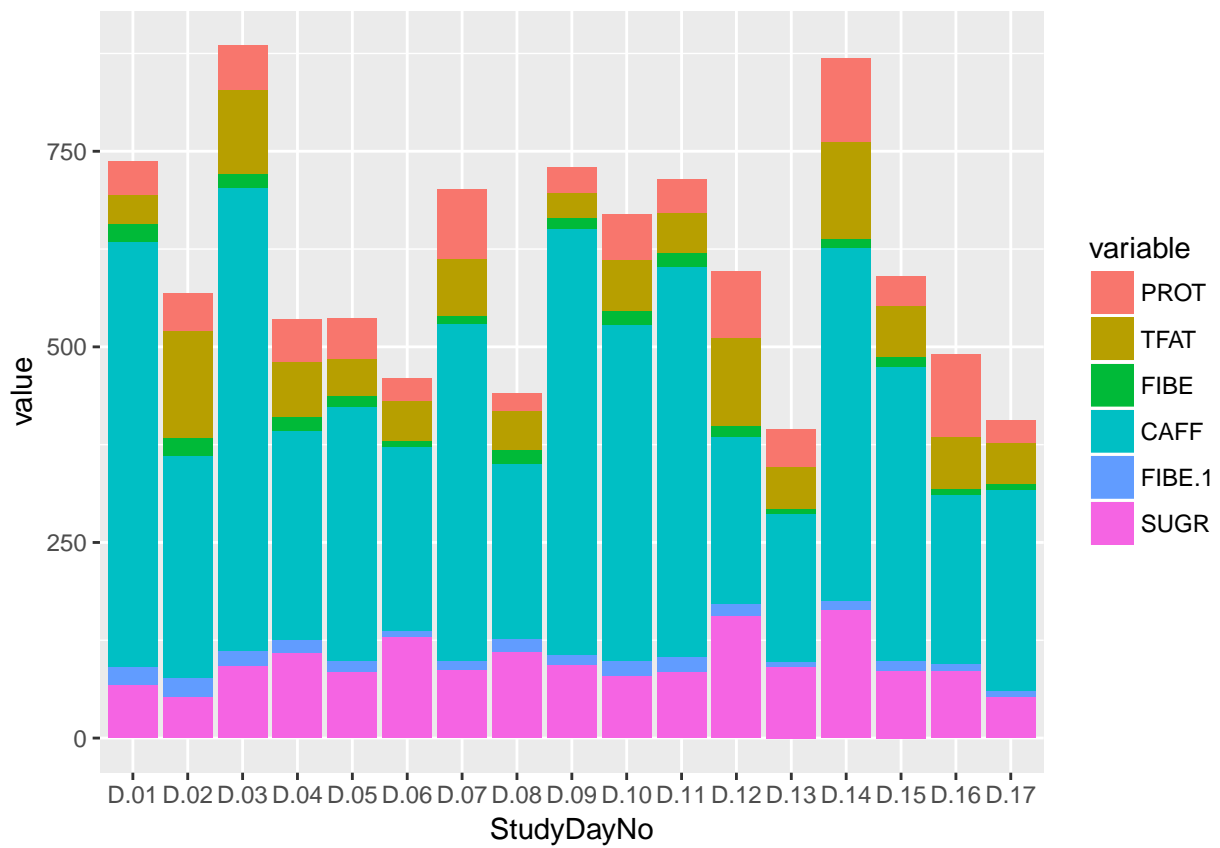


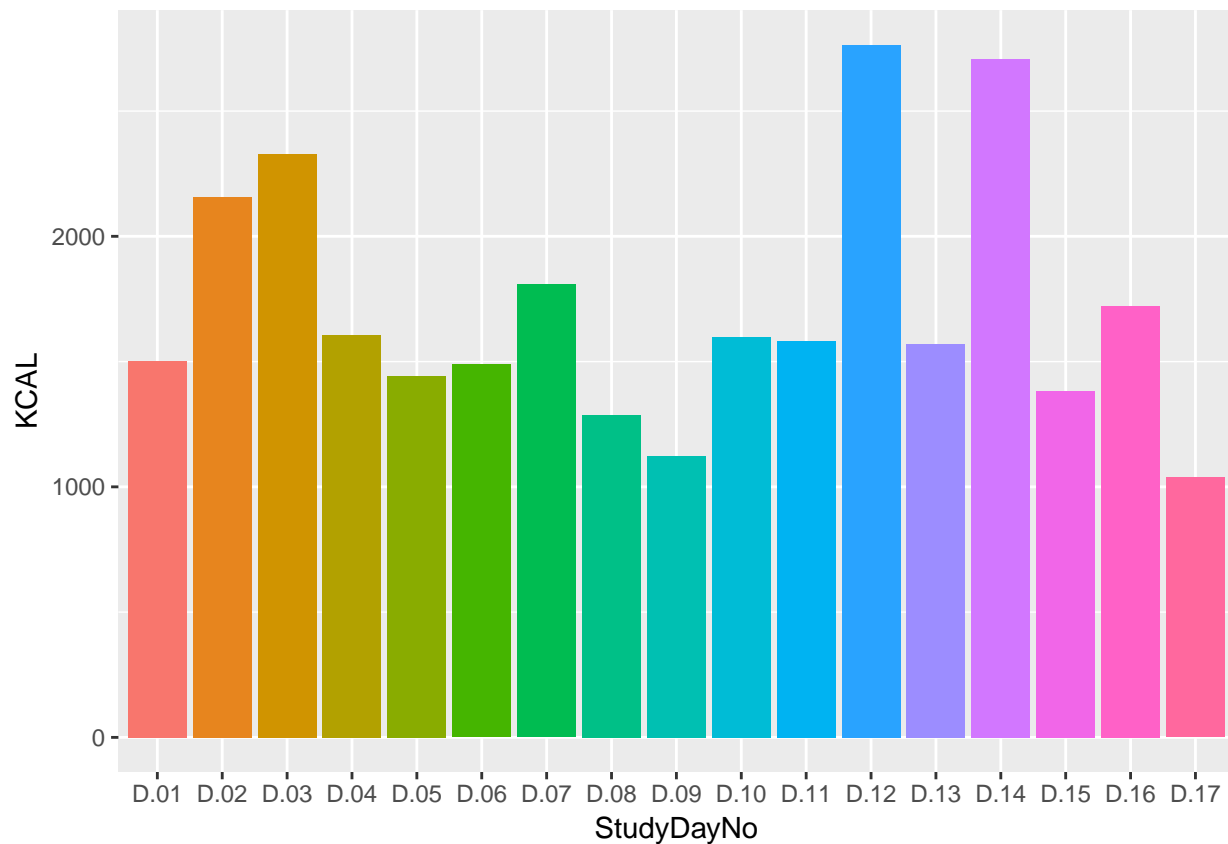
Subject_19

Type	Your Average	Total Average
CALORIES	1712.52	2080.11
PROTEIN	55.36	88.57
TOTAL FAT	70	89.97
CARBS	215.3	225.55
FIBER	14.39	21.96

MicroNutrients



Daily Calorie Intake



Microbiome Daily Relative Abundance

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

```
ggplot(mergedf2, 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")
```



```

for(i in names(subtaxa)){ dates <- names(subtaxa) #timestamp for each observed sample abund <-
subtaxa[,dates[i]] #abundances for selected timestamps mostabund<- tail(sort(abund),10) #vector of 10
most abundant species (their counts, at least)
}

lst <- list()
for(i in names(subtaxa)){ lst[[i]]<- (subtaxa[,i]) }

```