

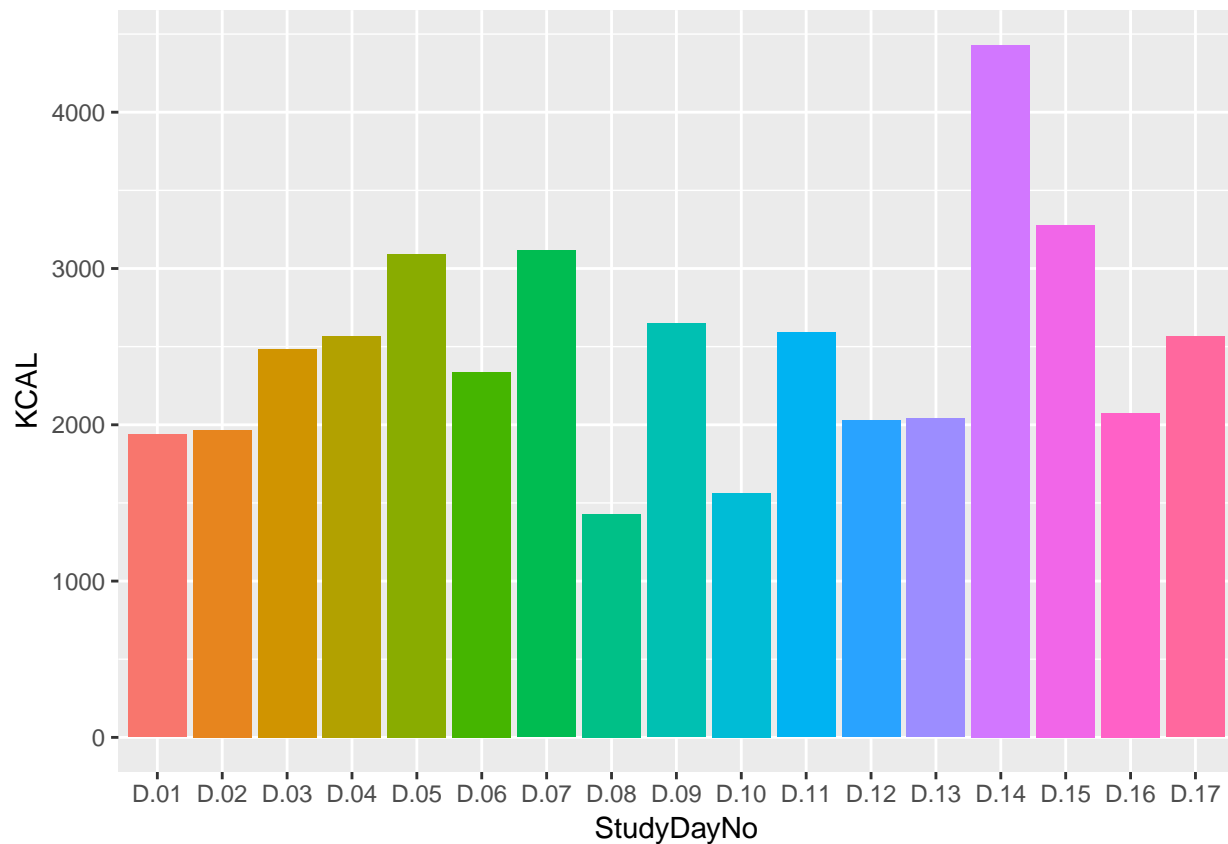
Subject_45

Type	Your Average	Total Average
CALORIES	2479.31	2080.11
PROTEIN	69.39	88.57
TOTAL FAT	105.94	89.97
CARBS	303.19	225.55
FIBER	19.61	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")
```

