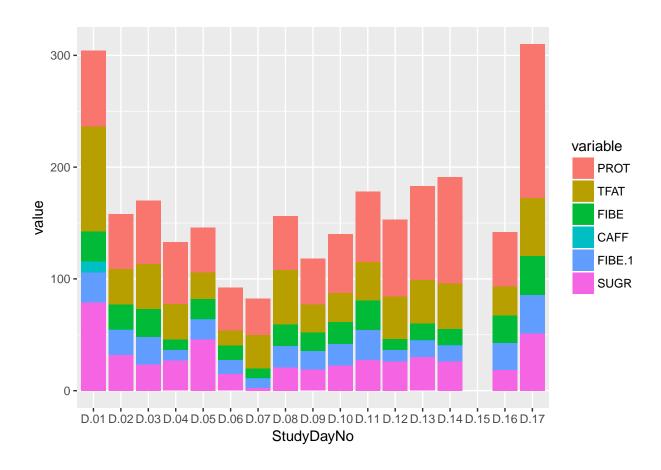
$Subject_28$

| Type | Your Average | Total Average |
|-----------|--------------|---------------|
| CALORIES | NA | 2080.11 |
| PROTEIN | NA | 88.57 |
| TOTAL FAT | NA | 89.97 |
| CARBS | NA | 225.55 |
| FIBER | NA | 21.96 |

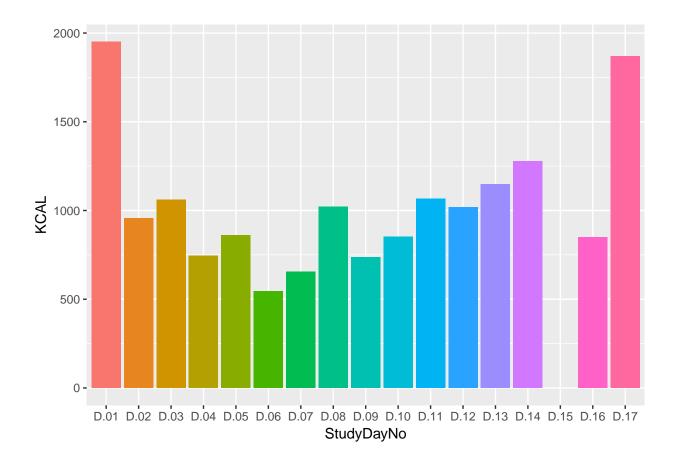
MicroNutrients

Warning: Removed 6 rows containing missing values (position_stack).



Daily Calorie Intake

Warning: Removed 1 rows containing missing values (geom_bar).



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")
```

