$Subject_13$

Type	Your Average	Total Average
CALORIES	2554.9	2080.11
PROTEIN	110.95	88.57
TOTAL FAT	123.52	89.97
CARBS	259.64	225.55
FIBER	33.82	21.96

Daily Micronutrient Levels Variable PROT TFAT FIBE CAFF FIBE SUGR D.01 D.02 D.03 D.04 D.05 D.06 D.07 D.08 D.09 D.10 D.11 D.12 D.13 D.14 D.15 D.16 D.17 Study Day Number

Figure 1: Figure 1 visualizes your variation in micronutrient consumption on a day-to-day basis.

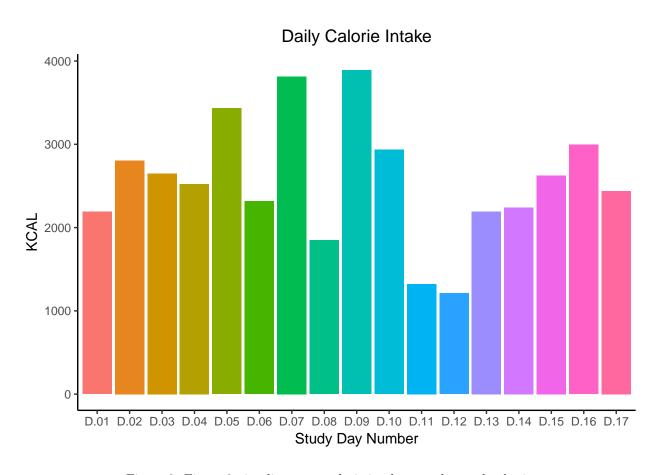


Figure 2: Figure 2 visualizes your calorie intake on a day-to-day basis.

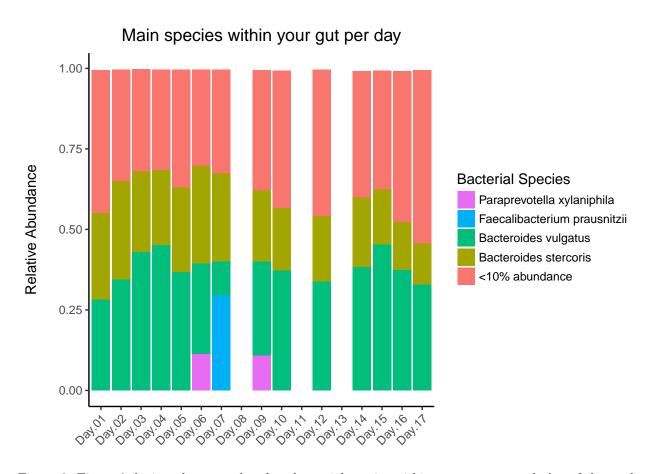


Figure 3: Figure 3 depicts the most abundant bacterial species within your gut per each day of the study. The "<10% abundance" column represents a sum of bacterial species that individually account for less than 10% of

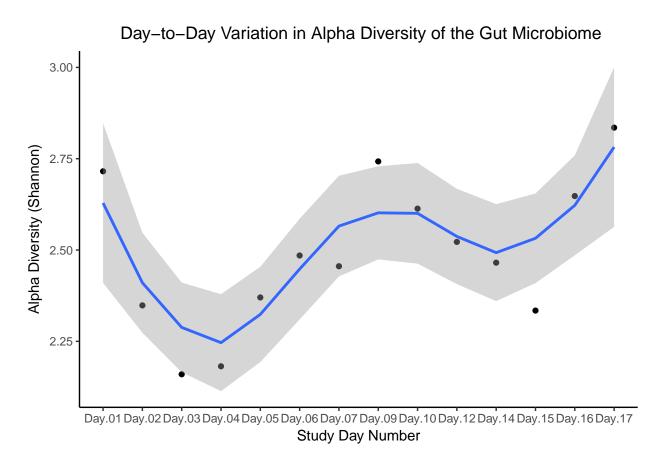


Figure 4: Figure 4 details how the bacterial diversity exhibited within your gut changes on a daily basis.



Figure 5: Figure 5 is a plot that represents how dissimilar certain individuals microbiomes are relative to each other. The shape corresponding to your (subject number) represents your microbiome - multiple of the same shapes correspond to each of the multiple days of testing.