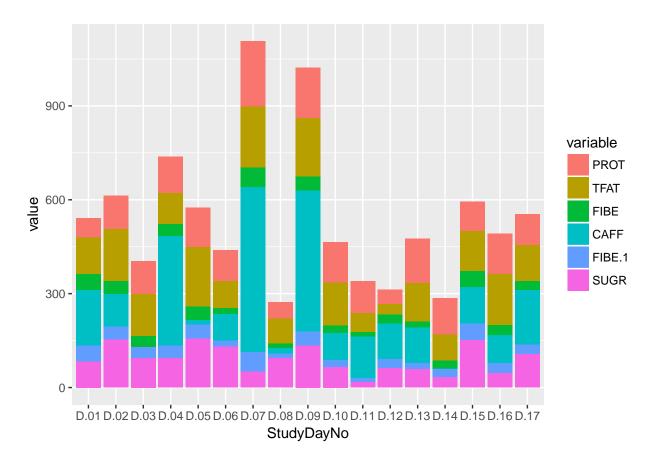
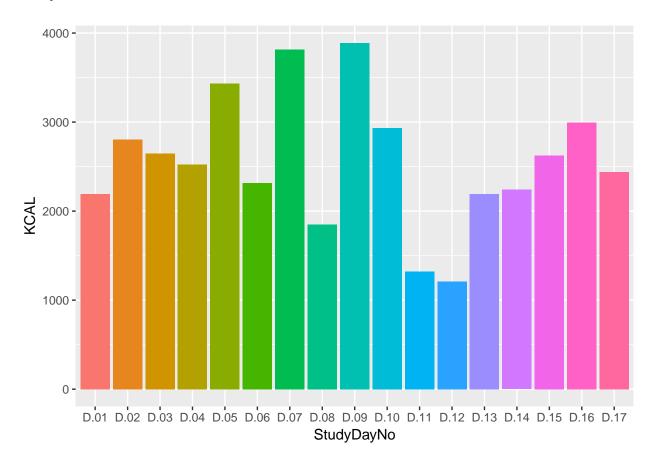
${\bf Subject_13}$

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

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")
```

