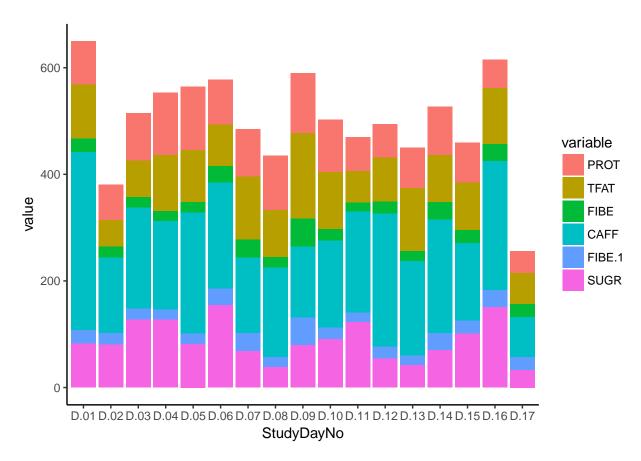
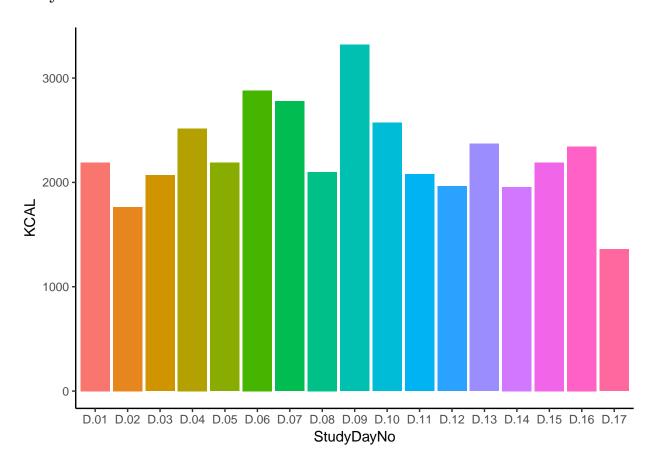
Subject\_41

Type	Your Average	Total Average
CALORIES	2272.99	2080.11
PROTEIN	83.28	88.57
TOTAL FAT	92.64	89.97
CARBS	262.8	225.55
FIBER	25.41	21.96

## MicroNutrients



## Daily Calorie Intake



## Microbiome Daily Relative Abundance

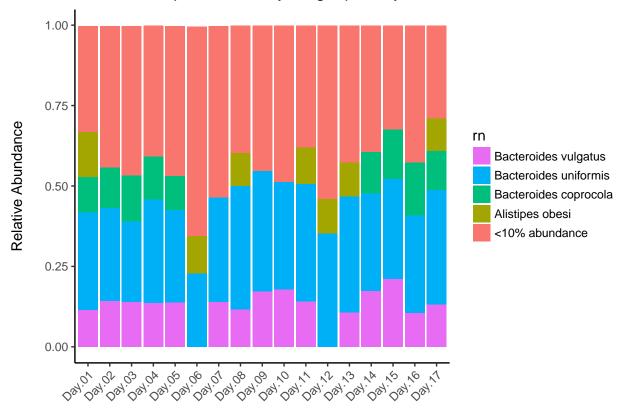
```
#merge to get access to Day var
mergedf<- merge(x=meltdf, y=map, by.x = "variable", by.y= "X.SampleID", all.x=TRUE)

#convert our dataframe species (rn) column to a character
mergedf$rn <- as.character(mergedf$rn)

#series of gsub commands meant to neaten and clarify legend content
mergedf$rn <- gsub(".*s__", "", mergedf$rn)
mergedf$rn <- gsub("\\[", "", mergedf$rn)</pre>
```

```
mergedf$rn <- gsub("\\]", "",mergedf$rn)</pre>
  mergedf$rn <- gsub("_", " ",mergedf$rn)</pre>
  #create <10% abundance category
  mergedf$rn[mergedf$value < 0.1] <- "<10% abundance"</pre>
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")
```

## Main species within your gut per day



## `geom\_smooth()` using method = 'loess'

