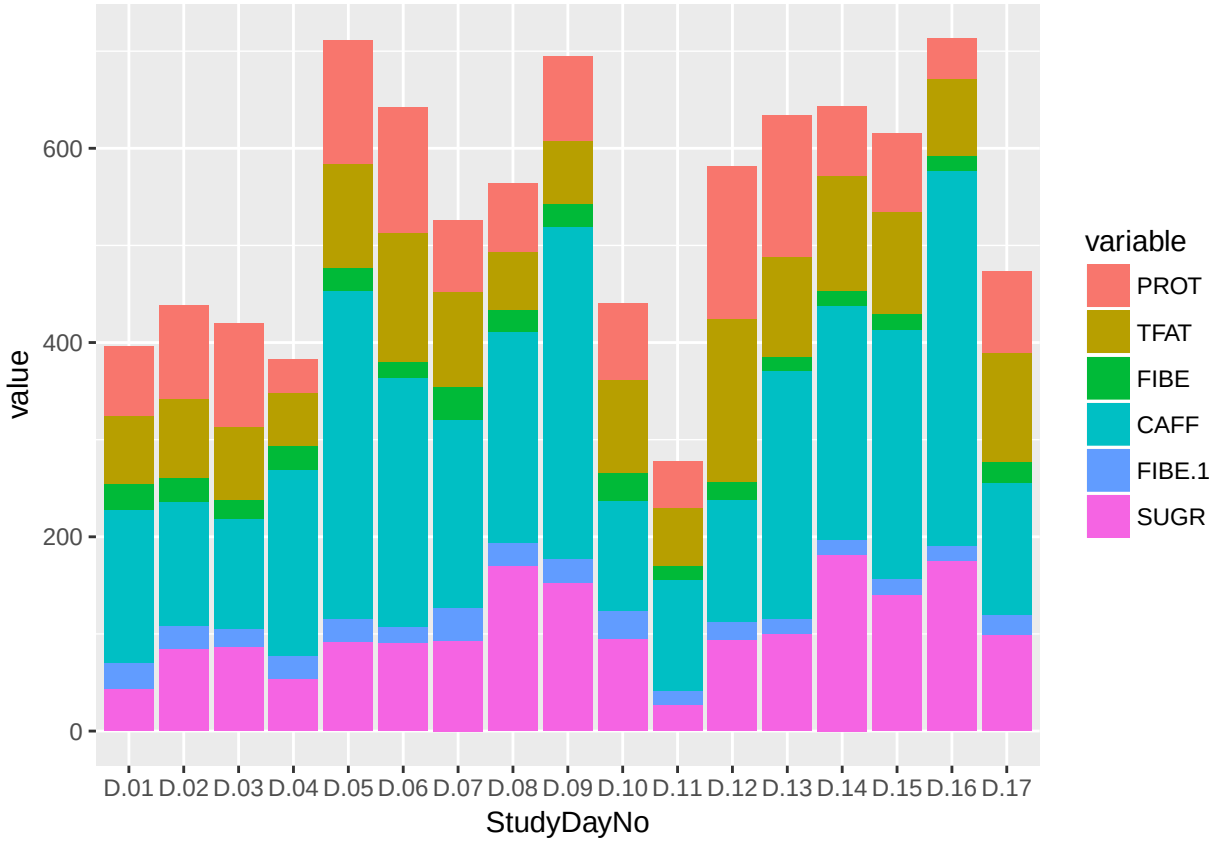
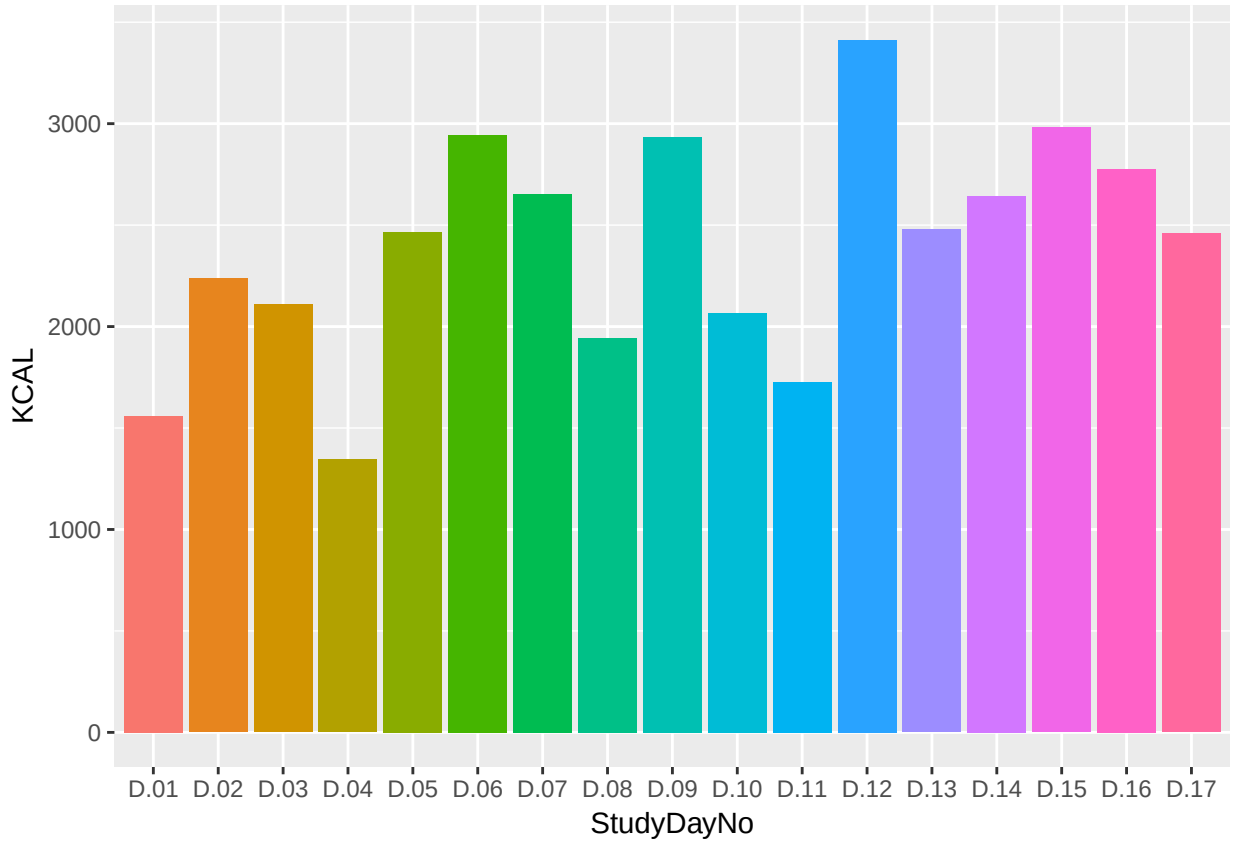
Subject_23

Type	Your Average	Total Average
CALORIES	2396.3	2080.11
PROTEIN	88.52	88.57
TOTAL FAT	93.14	89.97
CARBS	245.34	225.55
FIBER	21.19	21.96

MicroNutrients



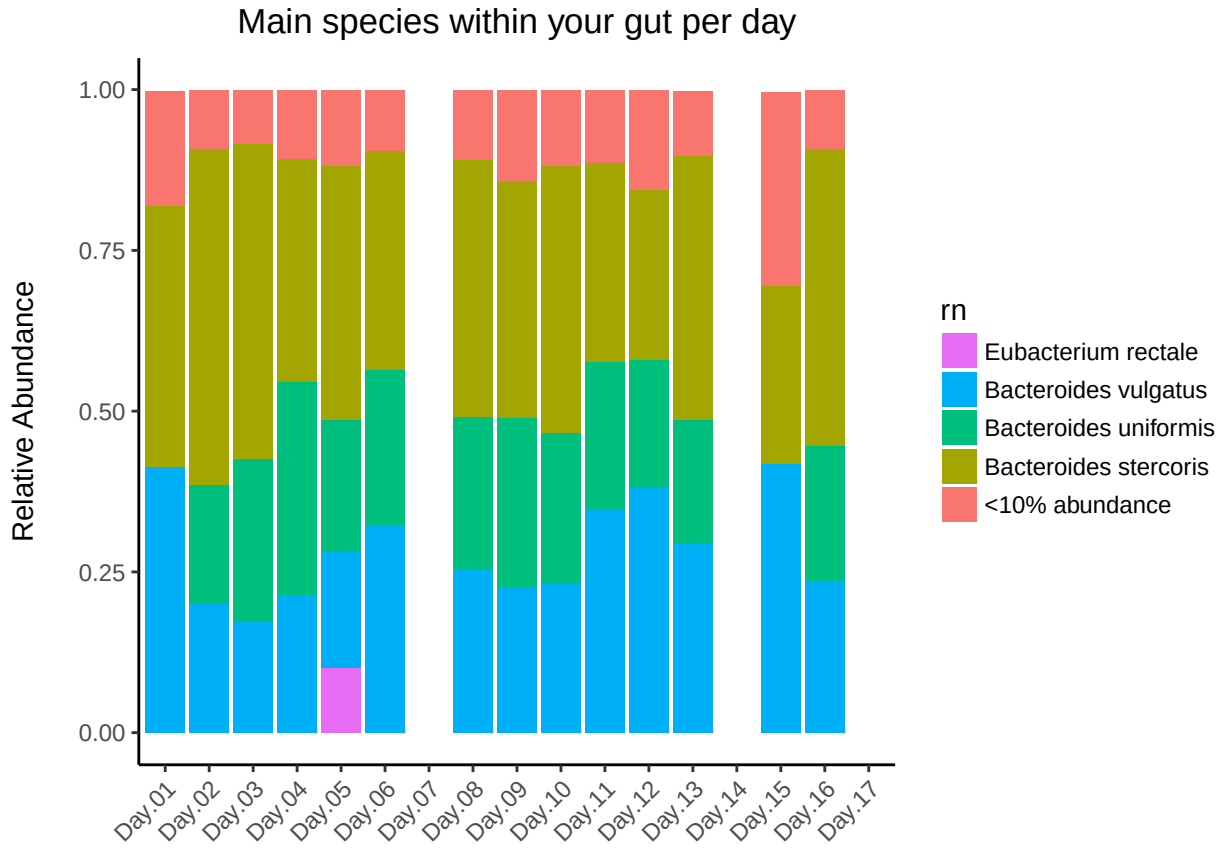
Daily Calorie Intake



Microbiome Daily Relative Abundance

```
# make ggplot bar chart of top 10 most abundant species per day


ggplot(mergedf2, 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")
```



for(i in names(subtaxa)){ dates <- names(subtaxa) #timestamp for each observed sample abund <- subtaxa[,dates[i]] #abundances for selected timestamps mostabund<- tail(sort(abund),10) #vector of 10 most abundant species (their counts, at least)

}

lst <- list()

for(i in names(subtaxa)){ lst[[i]]<- (subtaxa[,i]) }