

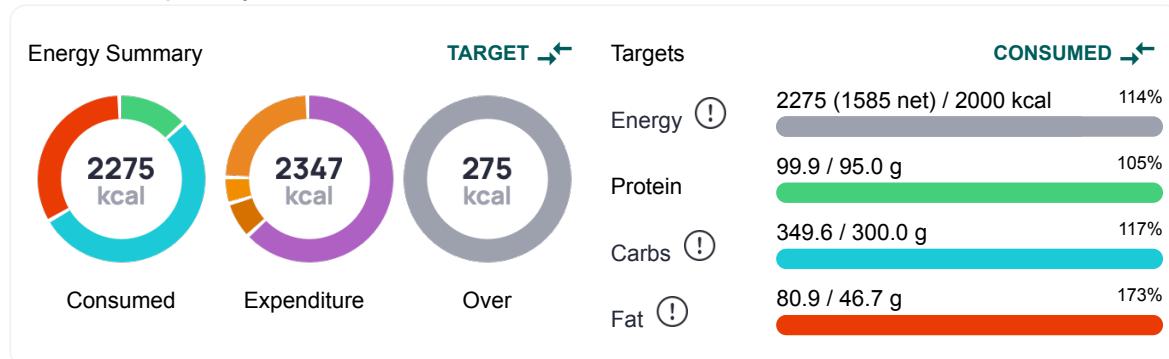


cronometer.com detailed report  
September 29, 2025

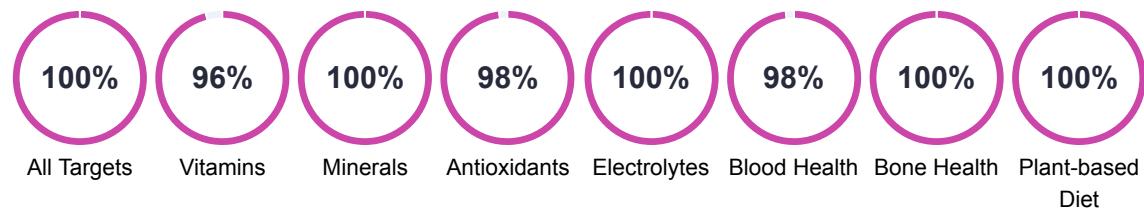
Name: Adalberto  
Age: 53  
Sex: Male  
Height: 175.0 cm / 5' 9"  
Weight: 66.5 kg / 146.6 lbs  
BMI: 21.7  
BMR: 1498.8 kcal

Daily Average Nutrition Report August 31, 2025 to September 6, 2025

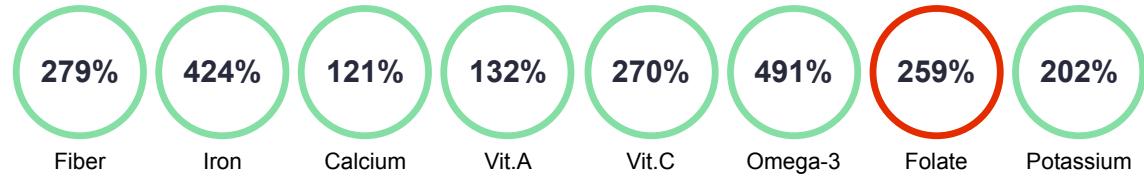
Based on 7 complete days



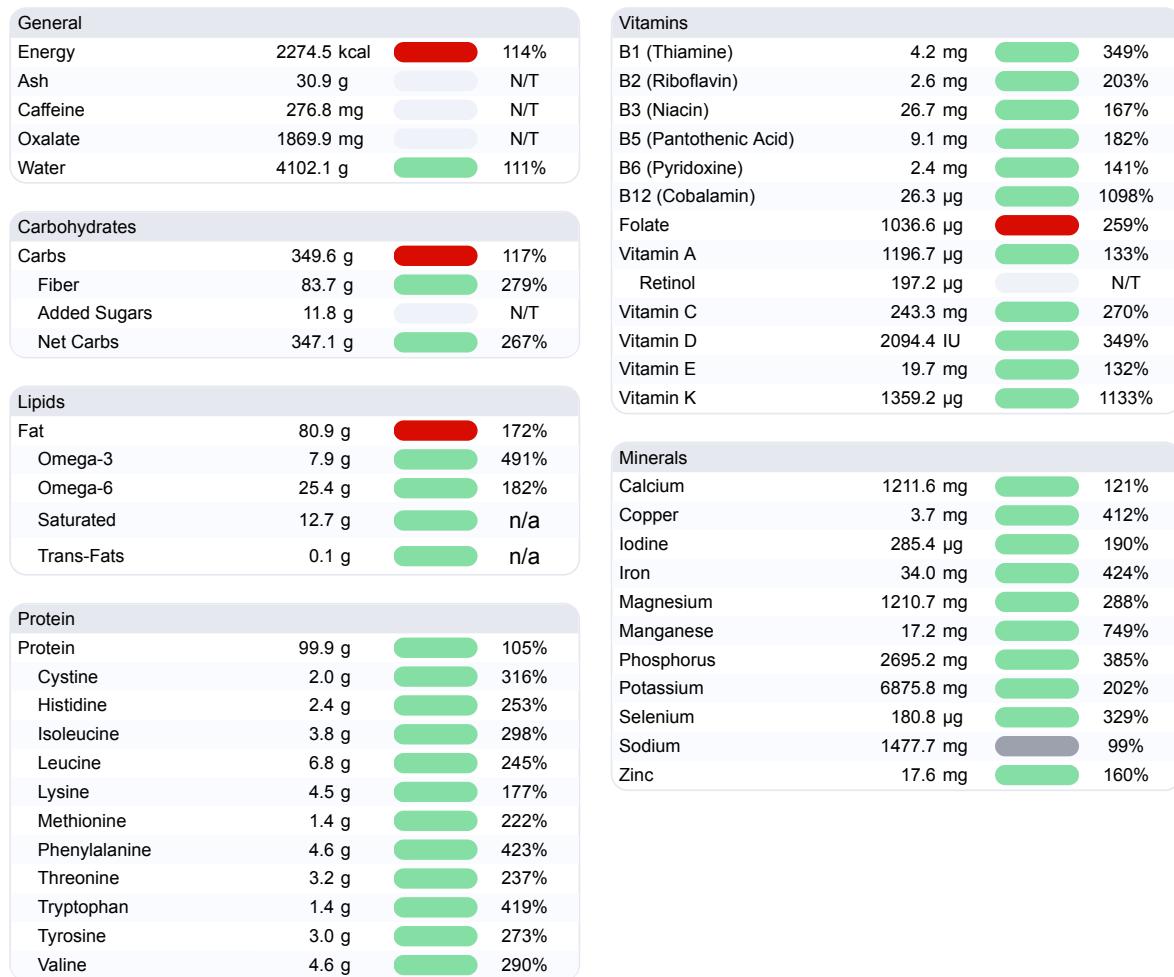
Nutrition Scores



Highlighted Nutrients



## Targets

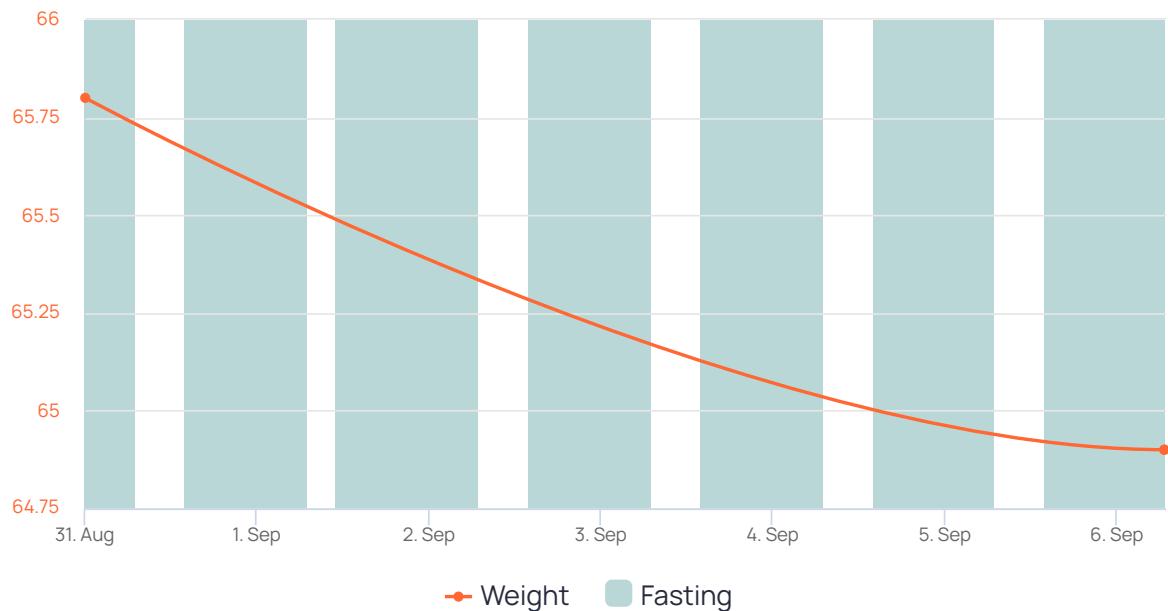




## Biometric Charts

Weight (kg)

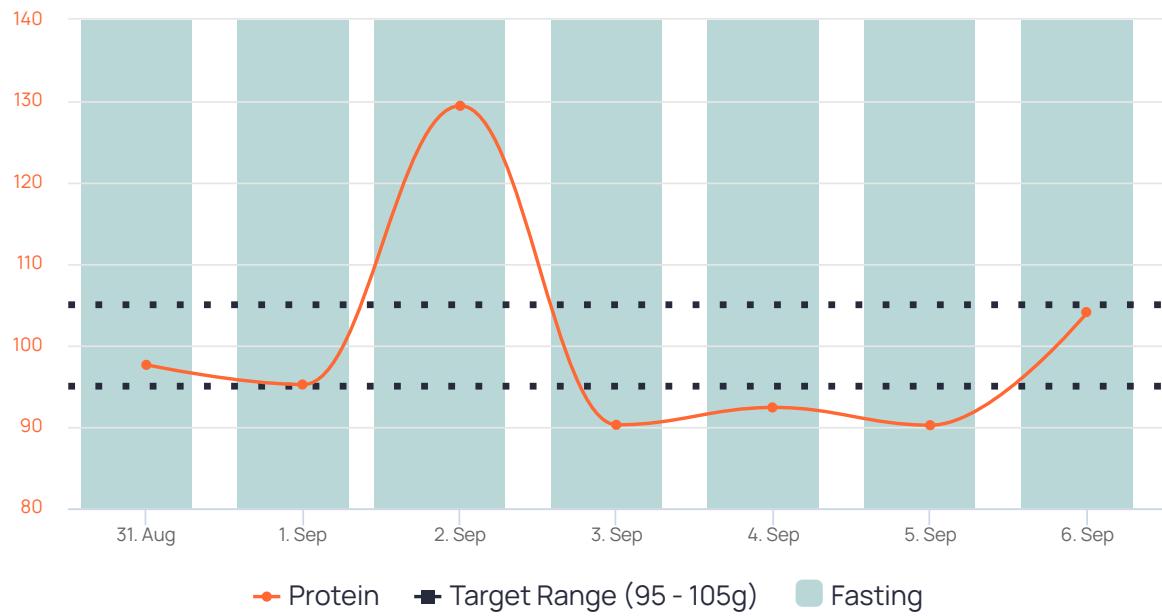
Aug 31, 2025 to Sep 29, 2025



## Nutrient Charts

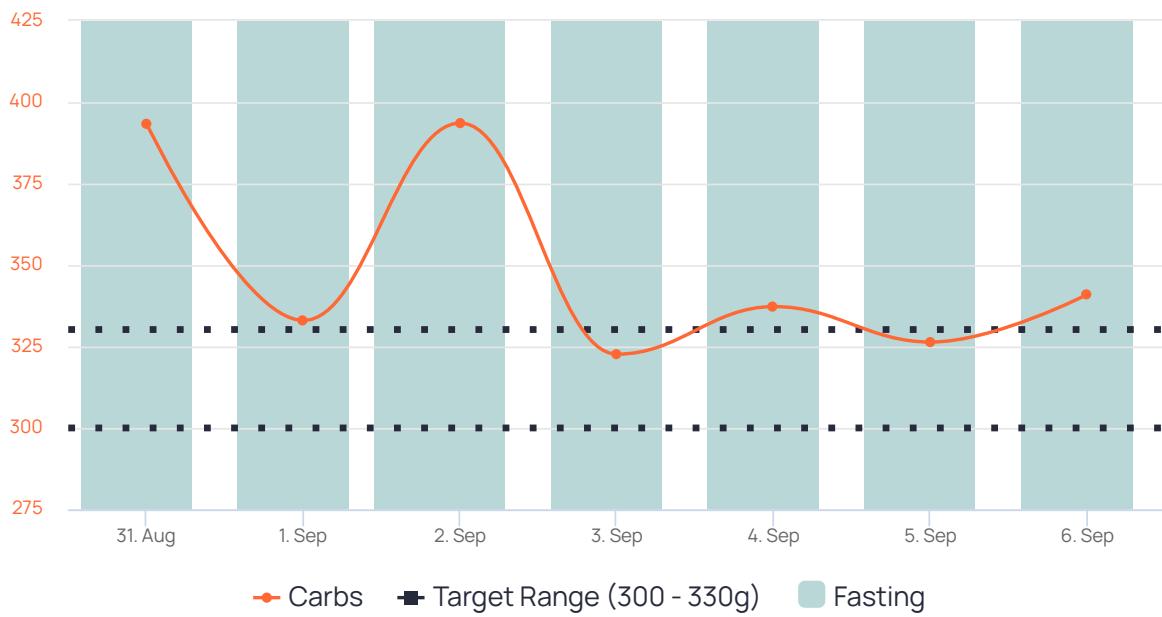
Protein (g)

Aug 31, 2025 to Sep 29, 2025



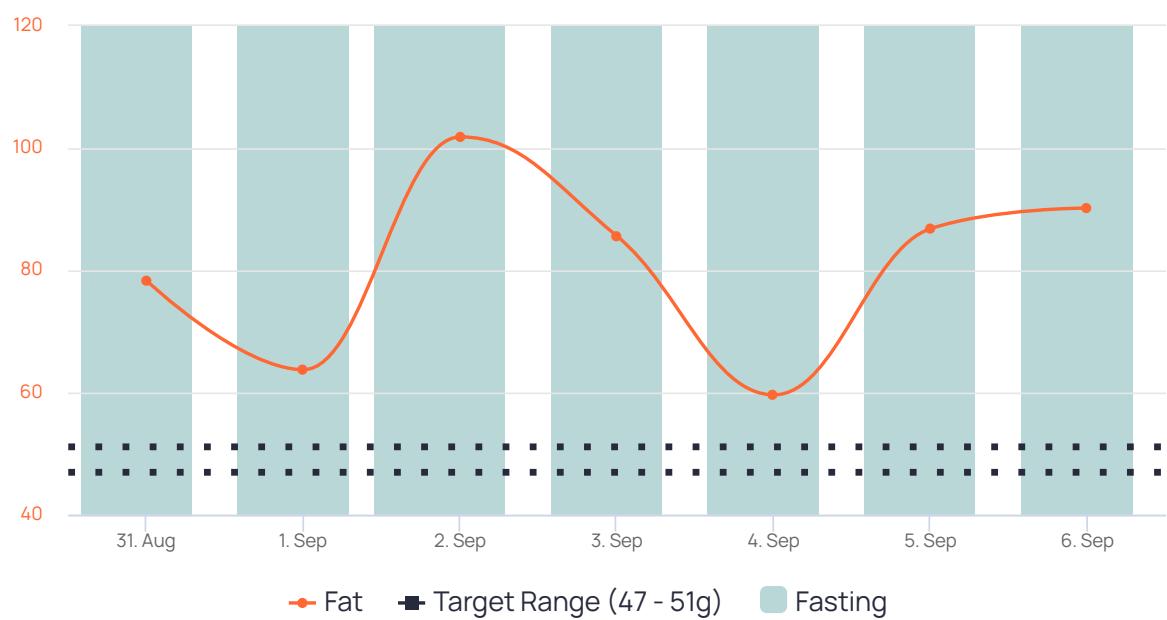
Carbs (Total) (g)

Aug 31, 2025 to Sep 29, 2025



Fat (g)

Aug 31, 2025 to Sep 29, 2025



## Nutrition Score Charts

All Targets

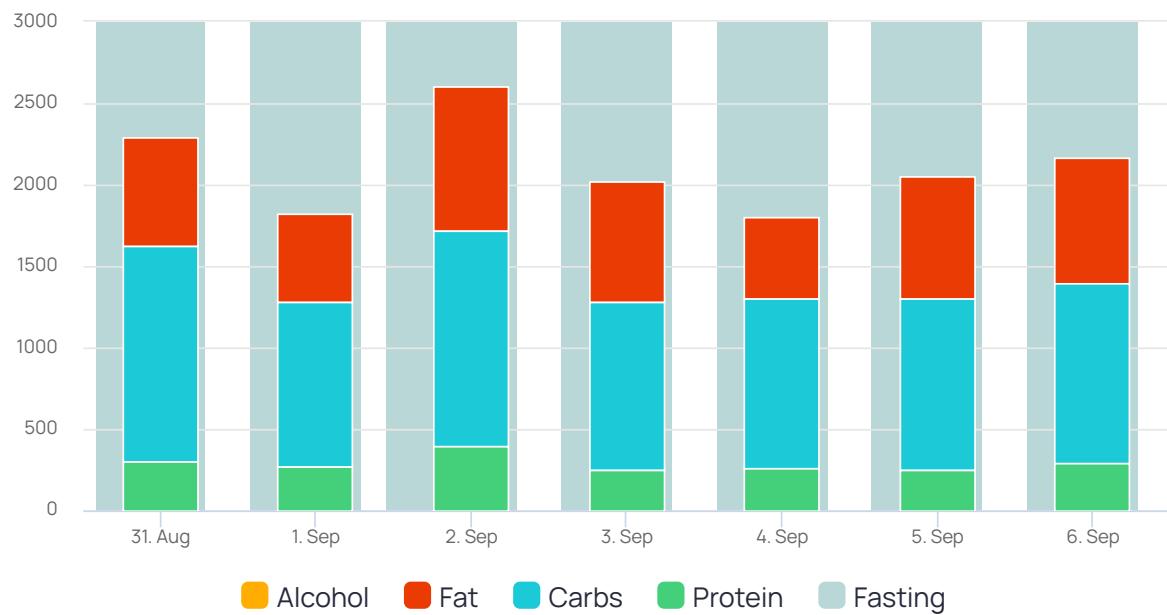
Aug 31, 2025 to Sep 29, 2025



## System Charts

Energy Consumed (kcal)

Aug 31, 2025 to Sep 29, 2025



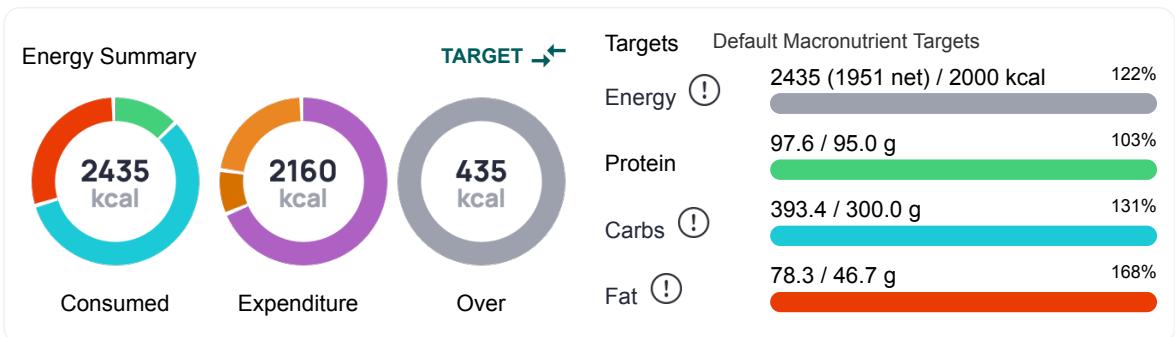
Diary for Sunday, August 31, 2025

	Completed: SunshinEat	Start: Aug 30, 14:00	End: Aug 31, 7:00
	Completed: SunshinEat	Start: Aug 31, 14:00	End: Sep 01, 7:00
	Daily Activity (Garmin)	Active: 161 kcal, Resting: 323 kcal	107 minutes <b>-484 kcal</b>
	Recovery (Garmin)	91 %	
	Heart Rate (Garmin)	44 bpm	
	Sleep Score (Garmin)	92 %	
06:30	Respiration Rate (Garmin)	Average: 15brpm, Peak: 21brpm	18 brpm <a href="#">SHOW MORE</a>
06:30	Heart Rate Variability (HRV) (Garmin)	Average: 35ms, Peak: 80ms	26 ms <a href="#">SHOW MORE</a>
06:50	Water	480 mL	0 kcal
07:00	Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
07:00	Vit Direct, Vitamin D3	1 softgel	0 kcal
07:00	Rosmary lotion on scalp		
07:30	Flax seeds	16 g	82.24 kcal
07:30	Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:30	Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:30	Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:30	Walnuts	30 g	203.7 kcal
07:30	Oat Bran, Dry	200 g	492 kcal
07:30	Espresso	100 g	9 kcal
07:30	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:30	Apple, Fresh, With Skin	330 g	171.6 kcal
07:34	Focaccelle del Mulino Bianco, confezione da 6 (198g)		
07:35	Bread, White, Commercially Prepared	200 g	532 kcal
07:39	Grissini corti ai semi		
07:40	Bread, Mixed Grain, Added Seeds, Commercial, Toasted	100 g	308.35 kcal
08:15	Sunday: stay home!		
10:30	Water	480 mL	0 kcal
11:30	Water	480 mL	0 kcal
11:45	Oggi germogli niente!		
13:00	Pasta Salad with Vegetables, Italian Dressing	2 cup	300.07 kcal
13:30	Espresso	60 g	5.4 kcal
14:30	Water	240 mL	0 kcal
15:00	Water	240 mL	0 kcal
15:30	Water	240 mL	0 kcal
16:00	Water	200 mL	0 kcal
16:30	Water	200 mL	0 kcal
17:00	Calories for Fiber (for Vegans)	69.9 g	139.8 kcal

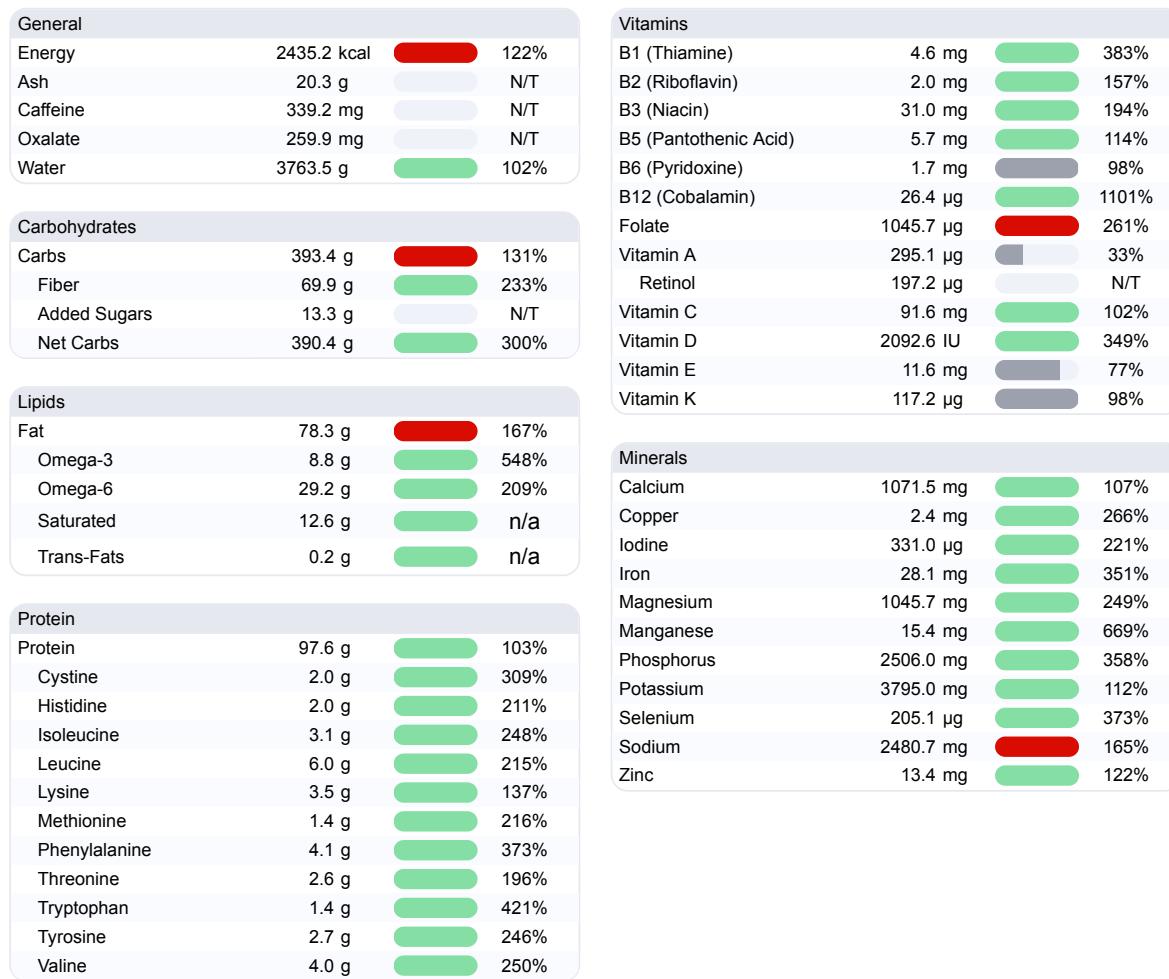
20:00	 Teeth washing
22:15	 Sleep Light: 4 hr 31 min, Deep: 1 hr 52 (Garmin) min, REM: 1 hr 45 min

8 hr 8 min

[SHOW MORE](#)



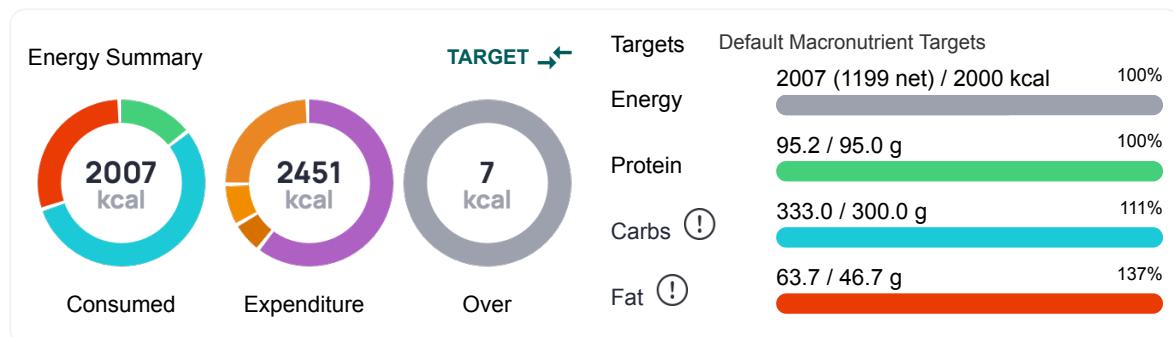
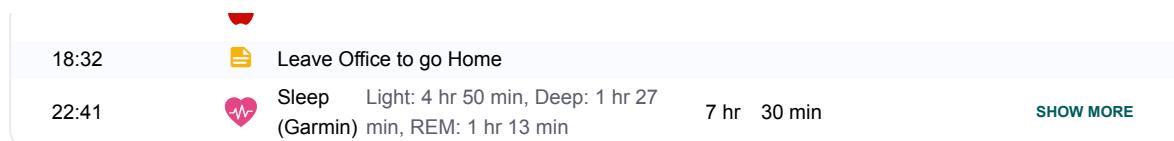
## Nutrients for Sunday, August 31, 2025



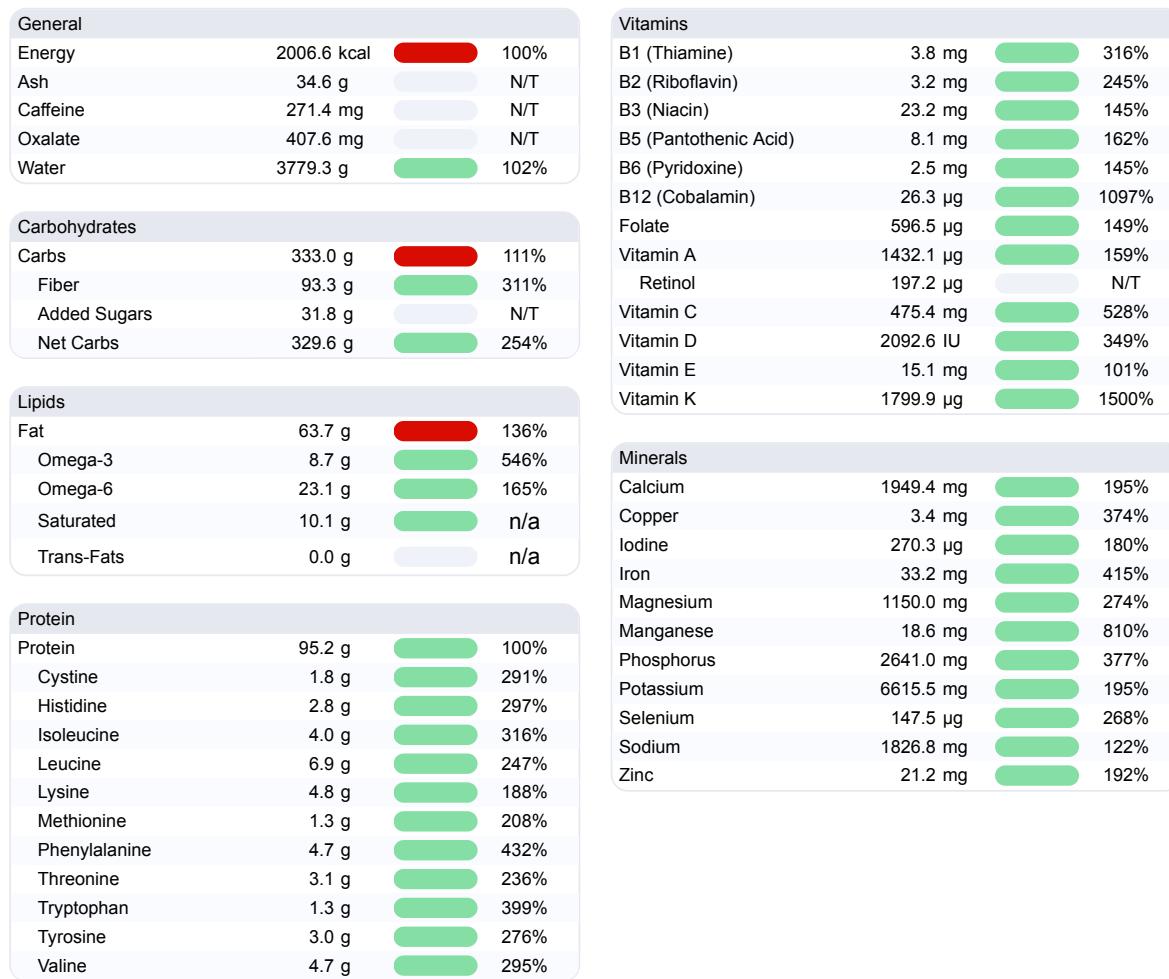


Diary for Monday, September 1, 2025

	Completed: SunshinEat	Start: Aug 31, 14:00	End: Sep 01, 7:00
	Completed: SunshinEat	Start: Sep 01, 11:00	End: Sep 02, 7:00
	Daily Activity (Garmin)	Active: 287 kcal, Resting: 323 kcal	141 minutes <b>-610 kcal</b>
	Recovery (Garmin)	81 %	
	Heart Rate (Garmin)	49 bpm	
	Sleep Score (Garmin)	83 %	
06:30	Respiration Rate (Garmin)	Average: 15brpm, Peak: 21brpm	15 brpm <a href="#">SHOW MORE</a>
06:30	Heart Rate Variability (HRV) (Garmin)	Average: 32ms, Peak: 74ms	22 ms <a href="#">SHOW MORE</a>
06:50	Water	480 mL	0 kcal
07:00	Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
07:00	Vit Direct, Vitamin D3	1 softgel	0 kcal
07:00	Rosmary lotion on scalp		
07:30	Flax seeds	16 g	82.24 kcal
07:30	Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:30	Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:30	Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:30	Walnuts	30 g	203.7 kcal
07:30	Oat Bran, Dry	200 g	492 kcal
07:30	Espresso	68 g	6.12 kcal
07:30	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:30	Apple, Fresh, With Skin	330 g	171.6 kcal
07:45	Leave home to bring Catia to Majorana school and then go to office.		
09:02	Enter office		
09:15	Water	420 mL	0 kcal
09:20	Espresso	60 g	5.4 kcal
09:30	Stool	4 Bristol Scale	
09:45	Water	420 mL	0 kcal
10:00	Oggi germogli niente!		
10:15	Kale, Raw	450 g	157.5 kcal
10:30	Tomato Sauce, Low Sodium	560 g	134.4 kcal
10:30	Water	100 mL	0 kcal
11:00	Vegetarian Beans, Canned, Pima Indian	400 g	376 kcal
11:30	Teeth washing		
12:45	Leave office to go to Gym at Vigor		
13:03	Strength training (Garmin)	36.02 minutes	<b>-197.69 kcal</b>
14:05	Water	210 mL	0 kcal
14:10	Water	210 mL	0 kcal
17:00	Calories for Fiber (for Vegans)	93.3 g	186.6 kcal



## Nutrients for Monday, September 1, 2025





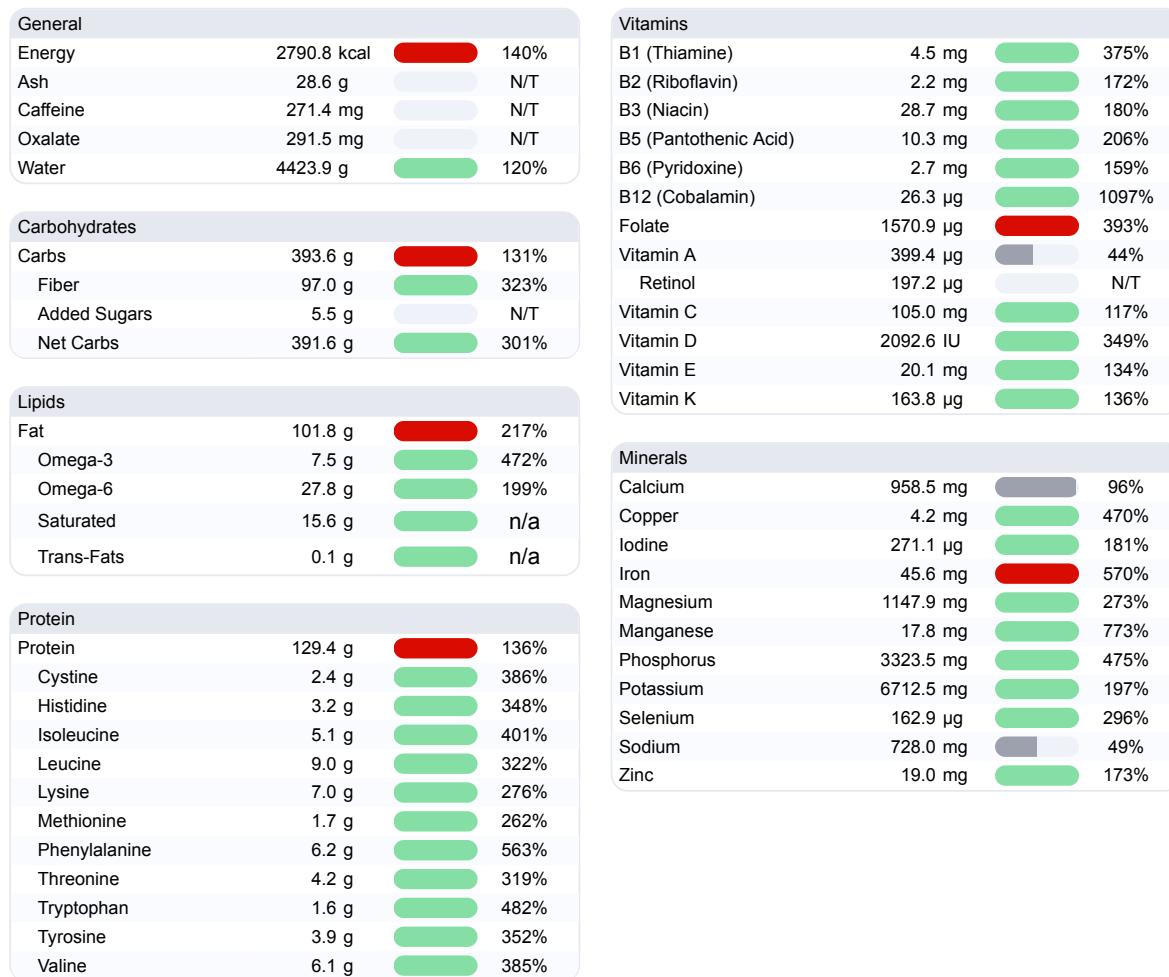
Diary for Tuesday, September 2, 2025

⌚	Completed: SunshinEat	Start: Sep 01, 11:00	End: Sep 02, 7:00
⌚	Completed: SunshinEat	Start: Sep 02, 14:00	End: Sep 03, 7:00
	 Daily Activity (Garmin)	Active: 342 kcal, Resting: 323 kcal	200 minutes <b>-665 kcal</b>
	 Recovery (Garmin)	79 %	
	 Heart Rate (Garmin)	48 bpm	
	 Sleep Score (Garmin)	85 %	
06:30	 Respiration Rate (Garmin)	Average: 14brpm, Peak: 22brpm	19 brpm <a href="#">SHOW MORE</a>
06:30	 Heart Rate Variability (HRV) (Garmin)	Average: 37ms, Peak: 82ms	27 ms <a href="#">SHOW MORE</a>
06:50	 Water	480 mL	0 kcal
07:00	 Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
07:00	 Vit Direct, Vitamin D3	1 softgel	0 kcal
07:00	 Rosmary lotion on scalp		
07:00	 Peaches, Raw	150 g	58.5 kcal
07:30	 Flax seeds	16 g	82.24 kcal
07:30	 Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:30	 Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:30	 Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:30	 Walnuts	30 g	203.7 kcal
07:30	 Oat Bran, Dry	200 g	492 kcal
07:30	 Espresso	68 g	6.12 kcal
07:30	 Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:30	 Apple, Fresh, With Skin	160 g	83.2 kcal
07:45	 Stay home for smartworking		
09:15	 Water	480 mL	0 kcal
10:00	 Oggi germogli niente!		
12:15	 Tomato Sauce, Low Sodium	560 g	134.4 kcal
12:15	 Water	100 mL	0 kcal
13:00	 Lentils, Boiled	3 whole pieces	689.03 kcal
13:00	 Extra Virgin Olive Oil	3 tbsp	358.02 kcal
13:00	 Broccoli, Cooked from Frozen	1 whole pieces	27.16 kcal
13:00	 Bread, White, Commercially Prepared	100 g	266 kcal
13:45	 Espresso	60 g	5.4 kcal
14:35	 Teeth washing		
15:30	 Water	240 mL	0 kcal
15:45	 Water	240 mL	0 kcal
16:00	 Water	240 mL	0 kcal

16:15	 Water	240 mL	0 kcal
16:45	 Leave home to bring Noemi to Propaganda (17:00 - 18:30)		
17:00	 Calories for Fiber (for Vegans)	97 g	194 kcal
17:34	 Strength training (Garmin)	35.63 minutes	-143.09 kcal
23:09	 Sleep Light: 3 hr 58 min, Deep: 1 hr (Garmin) 50 min, REM: 1 hr 14 min	7 hr 2 min	
19:05	 Water	210 mL	0 kcal
19:06	 Water	210 mL	0 kcal
19:06	 Water	210 mL	0 kcal



## Nutrients for Tuesday, September 2, 2025





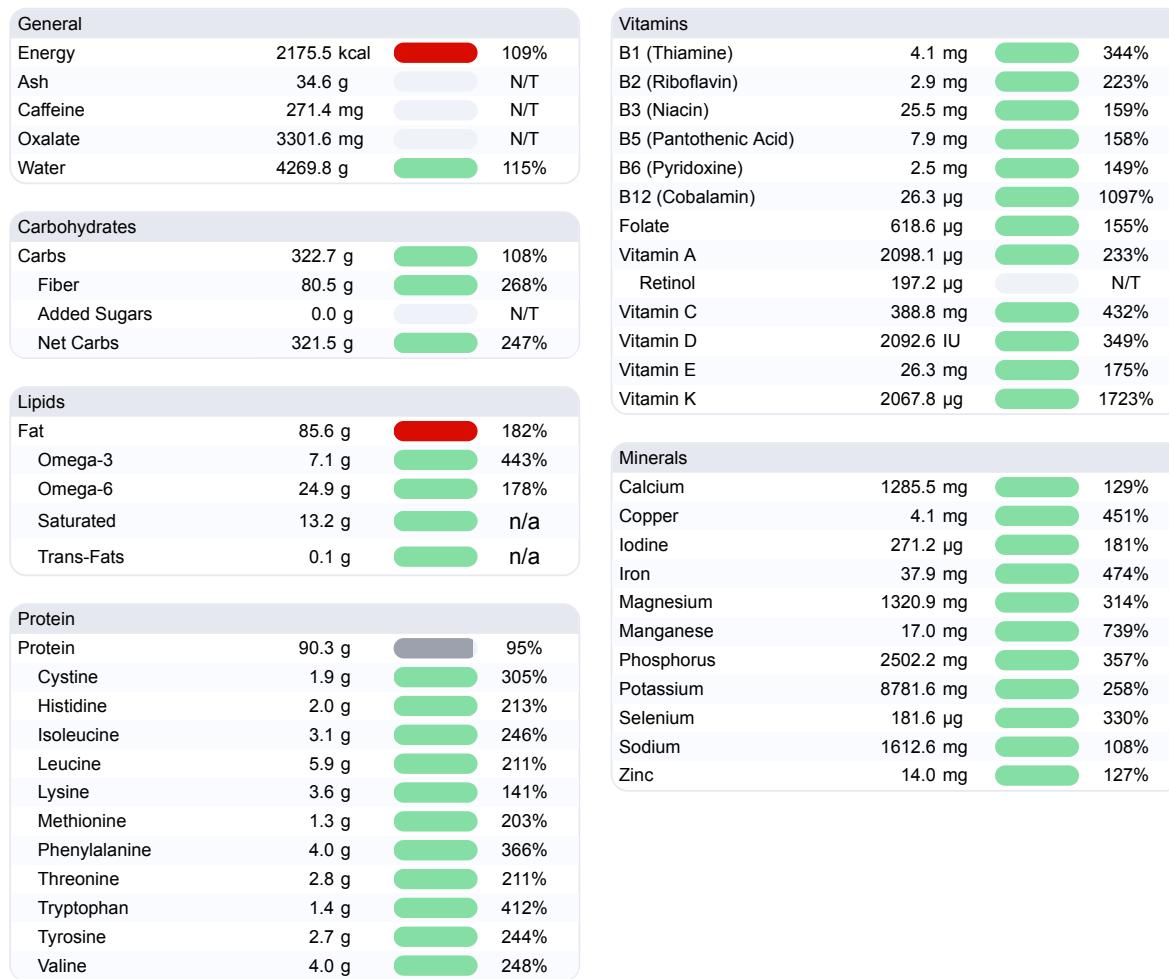
Diary for Wednesday, September 3, 2025

	Completed: SunshinEat	Start: Sep 02, 14:00	End: Sep 03, 7:00
	Completed: SunshinEat	Start: Sep 03, 14:00	End: Sep 04, 7:00
	Daily Activity (Garmin)	Active: 173 kcal, Resting: 323 kcal	132 minutes <b>-496 kcal</b>
	Recovery (Garmin)	59 %	
	Heart Rate (Garmin)	47 bpm	
	Sleep Score (Garmin)	69 %	
06:15	Heart Rate Variability (HRV) (Garmin)	Average: 30ms, Peak: 51ms	20 ms <a href="#">SHOW MORE</a>
06:19	Respiration Rate (Garmin)	Average: 17brpm, Peak: 23brpm	14 brpm <a href="#">SHOW MORE</a>
06:45	Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
06:45	Vit Direct, Vitamin D3	1 softgel	0 kcal
06:45	Rosmary lotion on scalp		
06:50	Water	500 mL	0 kcal
07:15	Flax seeds	16 g	82.24 kcal
07:15	Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:15	Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:15	Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:15	Walnuts	30 g	203.7 kcal
07:15	Oat Bran, Dry	200 g	492 kcal
07:15	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:15	Espresso	68 g	6.12 kcal
07:15	Peaches, Raw	310 g	120.9 kcal
07:30	Stool	4 Bristol Scale	
07:45	Stay home for smartworking		
10:00	Oggi germogli niente!		
10:40	Beet Greens, Raw	500 g	110 kcal
13:45	Espresso	60 g	5.4 kcal
11:15	Tomato Sauce, Low Sodium	560 g	134.4 kcal
11:15	Water	100 mL	0 kcal
13:05	Water	240 mL	0 kcal
13:15	Angel Hair Pasta, White, Cooked in Salted Water	200 g	316 kcal
13:15	Potato, Boiled without Skin	100 g	86 kcal
13:15	Red Bell Peppers, Cooked	100 g	28 kcal
13:15	Extra Virgin Olive Oil	2 tbsp	238.68 kcal
15:30	Teeth washing		
16:00	Borraccia da 1,2 litri		
16:45	Leave home to bring Noemi to Propaganda (17:00 - 18:30)		
17:10	Strength training (Garmin)	44.67 minutes	<b>-168.73 kcal</b>

17:30	Calories for Fiber (for Vegans)	80.5 g	161 kcal
18:30	Take Noemi from RSC right at end of training, so we can run home to take Emanuele back to RSC for his own Swim course at 19:15		
19:10	Water	1200 mL	0 kcal
21:10	Water	240 mL	0 kcal
23:30	Sleep (Garmin) Light: 4 hr 45 min, Deep: 1 hr 23 min, REM: 29 min	6 hr 37 min	<a href="#">SHOW MORE</a>



## Nutrients for Wednesday, September 3, 2025





Diary for Thursday, September 4, 2025

⌚	Completed: SunshinEat	Start: Sep 03, 14:00	End: Sep 04, 7:00
⌚	Completed: SunshinEat	Start: Sep 04, 14:00	End: Sep 05, 7:00
	🏃 Daily Activity (Garmin)	Active: 285 kcal, Resting: 323 kcal	150 minutes -608 kcal
	❤ Recovery (Garmin)	61 %	
	❤ Heart Rate (Garmin)	48 bpm	
	❤ Sleep Score (Garmin)	77 %	
06:25	❤ Heart Rate Variability (HRV) (Garmin)	Average: 24ms, Peak: 47ms	21 ms <a href="#">SHOW MORE</a>
06:30	❤ Respiration Rate (Garmin)	Average: 17brpm, Peak: 24brpm	15 brpm <a href="#">SHOW MORE</a>
06:50	💧 Water	300 mL	0 kcal
07:00	💊 Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
07:00	💊 Vit Direct, Vitamin D3	1 softgel	0 kcal
07:00	📝 Rosmary lotion on scalp		
07:15	🍎 Flax seeds	16 g	82.24 kcal
07:15	🍎 Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:15	💊 Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:15	🍎 Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:15	🍎 Walnuts	30 g	203.7 kcal
07:15	🍎 Oat Bran, Dry	200 g	492 kcal
07:15	🍎 Espresso	60 g	5.4 kcal
07:15	🍎 Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:15	🍎 Peaches, Raw	330 g	128.7 kcal
07:40	📝 Leave home to bring Catia to Majorana school and then go to office.		
08:48	📝 Enter office		
09:05	💧 Water	210 mL	0 kcal
09:05	🍎 Espresso	60 g	5.4 kcal
09:10	💧 Water	210 mL	0 kcal
09:10	💧 Water	210 mL	0 kcal
10:00	📝 Oggi germogli niente!		
10:00	🍎 Cucumber, Raw, With Peel	1300 g	182 kcal
10:50	🍎 Tomato Sauce, Low Sodium	560 g	134.4 kcal
10:55	💧 Water	100 mL	0 kcal
11:00	🍎 Vegetarian Beans, Canned, Pima Indian	400 g	376 kcal
12:45	📝 Leave office to go to Gym at Vigor		
13:21	🏃 Strength training (Garmin)	43.3 minutes	-196.41 kcal
14:05	💧 Water	500 mL	0 kcal
17:00	🍎 Calories for Fiber (for Vegans)	86.7 g	173.4 kcal
17:50	📝 Teeth washing		
18:18	📝 Leave Office to go Home		

22:52

Sleep  
(Garmin)Light: 5 hr 24 min, Deep: 49 min,  
REM: 1 hr 7 min

7 hr 20 min

[SHOW MORE](#)

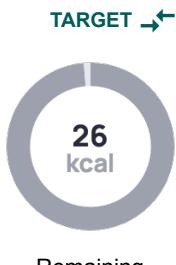
## Energy Summary



Consumed



Expenditure



Remaining

TARGET →

Targets

Energy

Protein

Carbs !Fat !

## Default Macronutrient Targets

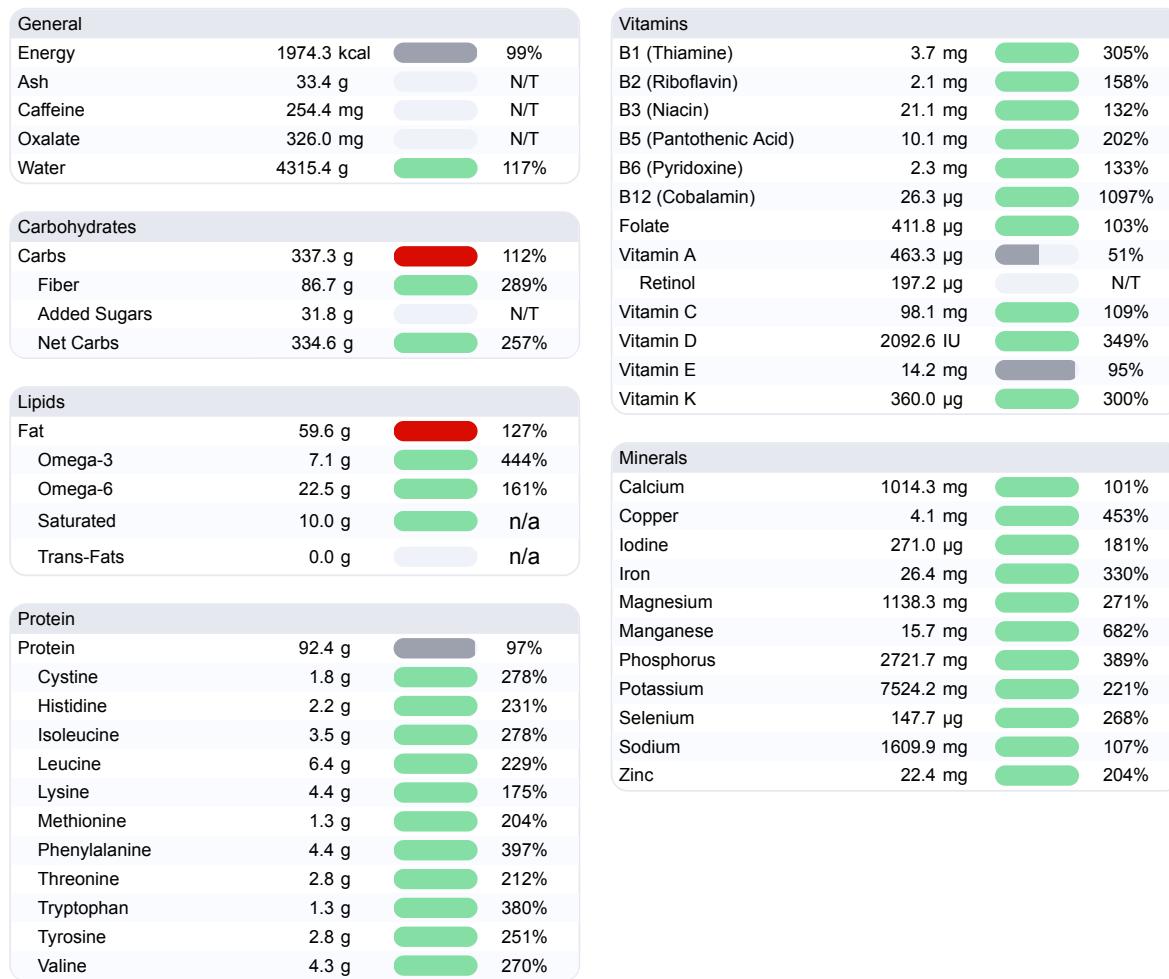
1974 (1170 net) / 2000 kcal 99%

92.4 / 95.0 g 97%

337.3 / 300.0 g 112%

59.6 / 46.7 g 128%

## Nutrients for Thursday, September 4, 2025

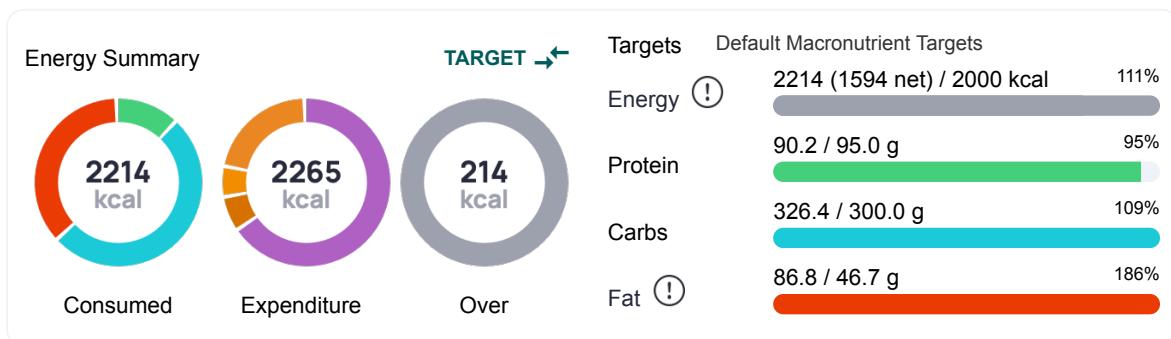




Diary for Friday, September 5, 2025

⌚	Completed: SunshinEat	Start: Sep 04, 14:00	End: Sep 05, 7:00
⌚	Completed: SunshinEat	Start: Sep 05, 14:00	End: Sep 06, 7:00
	Daily Activity (Garmin)	Active: 163 kcal, Resting: 323 kcal	136 minutes <b>-486</b> kcal
	Recovery (Garmin)	74 %	
	Heart Rate (Garmin)	50 bpm	
	Sleep Score (Garmin)	83 %	
06:25	Heart Rate Variability (HRV) (Garmin)	Average: 32ms, Peak: 74ms	33 ms <a href="#">SHOW MORE</a>
06:30	Respiration Rate (Garmin)	Average: 15brpm, Peak: 20brpm	15 brpm <a href="#">SHOW MORE</a>
06:45	Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
06:45	Vit Direct, Vitamin D3	1 softgel	0 kcal
06:45	Rosmary lotion on scalp		
06:50	Water	200 mL	0 kcal
	Breakfast prep: 16g Flaxseeds, 4g Nigella Sativa seeds, 0.2g dried Kelp powder, 10g raw cacao nibs, 30g shelled walnuts, 200g oat bran, 340g fortified soymilk, 60g coffee, 300g peaches: 960g total!		
07:00	Flax seeds	16 g	82.24 kcal
07:15	Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:15	Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:15	Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:15	Walnuts	30 g	203.7 kcal
07:15	Oat Bran, Dry	200 g	492 kcal
07:15	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:15	Espresso	60 g	5.4 kcal
07:15	Peaches, Raw	300 g	117 kcal
07:45	Stay home for smartworking		
10:00	Oggi germogli niente!		
10:20	Water	300 mL	0 kcal
11:45	Endive, Curly, Raw	650 g	110.5 kcal
12:05	Tomato Sauce, Low Sodium	560 g	134.4 kcal
12:10	Water	100 mL	0 kcal
13:15	Angel Hair Pasta, White, Cooked in Salted Water	280 g	442.4 kcal
13:15	Red Bell Peppers, Cooked	100 g	28 kcal
13:15	Extra Virgin Olive Oil	2 tbsp	238.68 kcal
13:45	Espresso	60 g	5.4 kcal
15:30	Teeth washing		
16:45	Leave home to bring Noemi to Propaganda (17:00 - 18:30)		

17:00	Calories for Fiber (for Vegans)	81.4 g	162.8 kcal
17:10	Bottiglia di acqua liscia fredda da 1 litro al RSC: 1€		
17:21	Strength training (Garmin)	41.22 minutes	-133.56 kcal
19:10	Water	1000 mL	0 kcal
20:00	Water	480 mL	0 kcal
23:17	Sleep Light: 4 hr 16 min, Deep: 1 hr 14 (Garmin) min, REM: 1 hr 33 min	7 hr 2 min	
			<a href="#">SHOW MORE</a>



## Nutrients for Friday, September 5, 2025



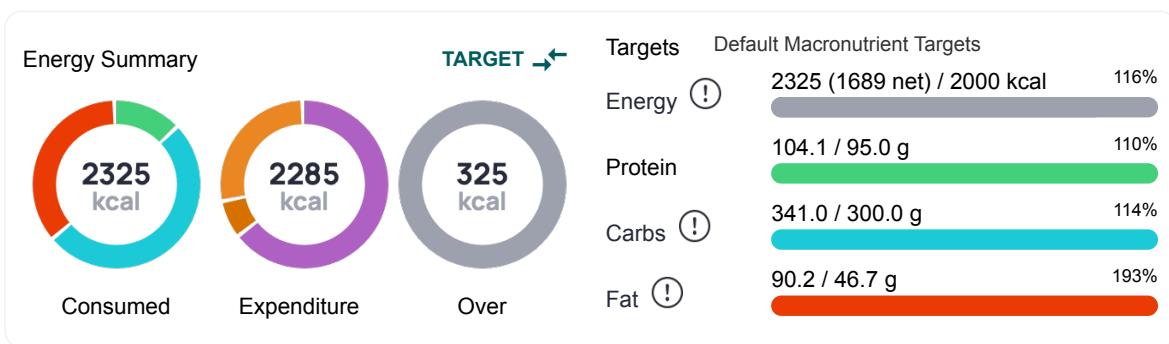


Diary for Saturday, September 6, 2025

⌚	Completed: SunshinEat	Start: Sep 05, 14:00	End: Sep 06, 7:00
⌚	Completed: SunshinEat	Start: Sep 06, 14:00	End: Sep 07, 7:00
	🏃 Daily Activity (Garmin)	Active: 315 kcal, Resting: 321 kcal	207 minutes -636 kcal
	❤ Recovery (Garmin)	71 %	
	❤ Sleep Score (Garmin)	86 %	
	❤ Heart Rate (Garmin)	50 bpm	
06:30	❤ Respiration Rate (Garmin)	Average: 16brpm, Peak: 22brpm	17 brpm <a href="#">SHOW MORE</a>
06:30	❤ Heart Rate Variability (HRV) (Garmin)	Average: 27ms, Peak: 49ms	35 ms <a href="#">SHOW MORE</a>
06:45	⌚ Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
06:45	⌚ Vit Direct, Vitamin D3	1 softgel	0 kcal
06:45	📅 Rosmary lotion on scalp		
06:50	❤ Stool	3 Bristol Scale	
06:50	❤ Weight	64.9 kg	
06:50	❤ Body Fat	16.9 %	
06:50	❤ Skeletal Muscle Mass	42.4 %	
06:50	❤ Weight (Garmin)	64.9 kg	
06:55	💧 Water	200 mL	0 kcal
07:00	Breakfast prep: 16g Flaxseeds, 4g Nigella Sativa seeds, 0.2g dried Kelp powder, 10g raw cacao nibs, 30g shelled walnuts, 200g oat bran, 340g fortified soymilk, 60g coffee, 300g granny smith apples: 960g total! Sprouts routine in between or shortly after.		
07:15	🍎 Flax seeds	16 g	82.24 kcal
07:15	🍎 Sunfood, Organic Black Seeds Ancient Super Seed Nigella Sativa	4 g	16 kcal
07:15	⌚ Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:15	🍎 Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:15	🍎 Walnuts	30 g	203.7 kcal
07:15	🍎 Oat Bran, Dry	200 g	492 kcal
07:15	🍎 Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	340 g	129.2 kcal
07:15	🍎 Apple, Fresh, With Skin	280 g	145.6 kcal
07:15	🍎 Espresso	70 g	6.3 kcal
09:45	❤ Stool	4 Bristol Scale	
10:00	📅 Oggi germogli niente!		
10:05	💧 Water	300 mL	0 kcal
10:30	🍎 Spinach, Raw	700 g	154 kcal
10:45	📅 Leave home to take Emanuele to his swimming course at RSC (11:15-12:15)		
12:05	🍎 Tomato Sauce, Low Sodium	560 g	134.4 kcal

12:10	 Water	100 mL	0 kcal
13:15	 Angel Hair Pasta, White, Cooked in Salted Water	300 g	474 kcal
13:15	 Mushrooms, Cooked from Fresh	1 cup, chopped	43.68 kcal
13:15	 Extra Virgin Olive Oil	2 tbsp	238.68 kcal
13:45	 Espresso	60 g	5.4 kcal
15:30	 Teeth washing		
17:00	 Calories for Fiber (for Vegans)	77.2 g	154.4 kcal
17:10	 Boraccia da 1,2 litri		
19:10	 Water	1200 mL	0 kcal
22:24	 Sleep Light: 4 hr 30 min, Deep: 1 hr 27 (Garmin) min, REM: 1 hr 57 min	7 hr 54 min	

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## Nutrients for Saturday, September 6, 2025

