

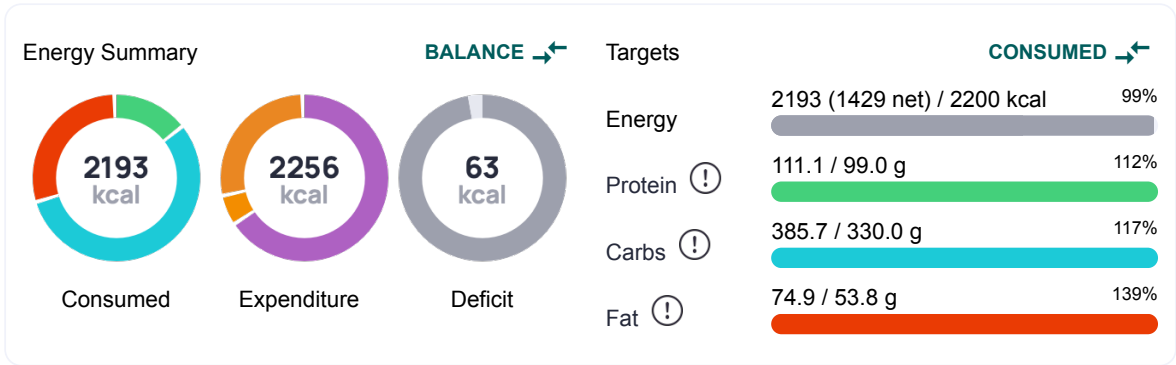


cronometer.com detailed report
September 22, 2025

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 September 15, 2025 to September 21, 2025

Based on 7 complete days



Targets

General			
Energy	2193.0 kcal	<div></div>	99%
Ash	38.7 g	<div></div>	N/T
Caffeine	263.5 mg	<div></div>	N/T
Oxalate	4628.4 mg	<div></div>	N/T
Water	4102.3 g	<div></div>	111%

Carbohydrates			
Carbs	385.7 g	<div></div>	117%
Fiber	92.3 g	<div></div>	308%
Added Sugars	43.1 g	<div></div>	N/T
Net Carbs	292.8 g	<div></div>	225%

Lipids			
Fat	74.9 g	<div></div>	139%
Omega-3	7.7 g	<div></div>	483%
Omega-6	26.1 g	<div></div>	187%
Saturated	11.6 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a

Protein			
Protein	111.1 g	<div></div>	112%
Cystine	1.8 g	<div></div>	290%
Histidine	2.4 g	<div></div>	261%
Isoleucine	4.1 g	<div></div>	328%
Leucine	7.6 g	<div></div>	272%
Lysine	4.8 g	<div></div>	189%
Methionine	1.5 g	<div></div>	234%
Phenylalanine	5.0 g	<div></div>	457%
Threonine	3.4 g	<div></div>	253%
Tryptophan	1.5 g	<div></div>	451%
Tyrosine	3.2 g	<div></div>	288%
Valine	5.1 g	<div></div>	321%

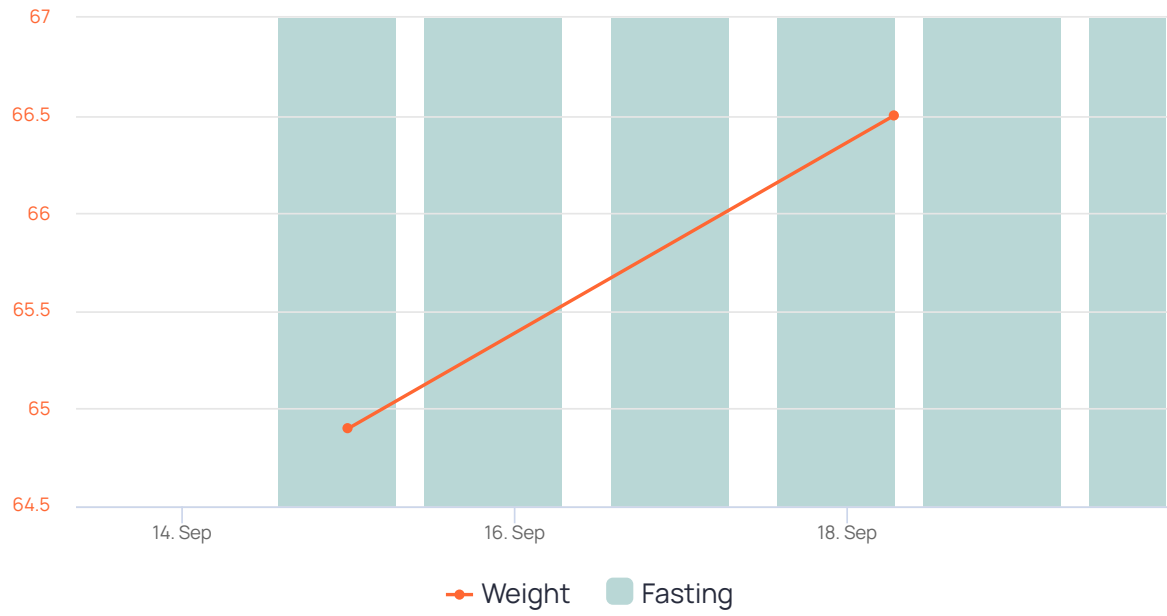
Vitamins			
B1 (Thiamine)	4.0 mg	<div></div>	332%
B2 (Riboflavin)	3.1 mg	<div></div>	236%
B3 (Niacin)	23.7 mg	<div></div>	148%
B5 (Pantothenic Acid)	7.5 mg	<div></div>	150%
B6 (Pyridoxine)	2.8 mg	<div></div>	163%
B12 (Cobalamin)	26.7 µg	<div></div>	1111%
Folate	805.5 µg	<div></div>	201%
Vitamin A	1732.8 µg	<div></div>	193%
Retinol	121.4 µg	<div></div>	N/T
Vitamin C	263.8 mg	<div></div>	293%
Vitamin D	2276.3 IU	<div></div>	379%
Vitamin E	31.9 mg	<div></div>	213%
Vitamin K	2087.5 µg	<div></div>	1740%

Minerals			
Calcium	1323.7 mg	<div></div>	132%
Copper	4.3 mg	<div></div>	480%
Iodine	287.9 µg	<div></div>	192%
Iron	36.8 mg	<div></div>	460%
Magnesium	1449.3 mg	<div></div>	345%
Manganese	16.9 mg	<div></div>	733%
Phosphorus	2739.9 mg	<div></div>	391%
Potassium	7988.5 mg	<div></div>	235%
Selenium	180.7 µg	<div></div>	328%
Sodium	1659.5 mg	<div></div>	111%
Zinc	24.2 mg	<div></div>	220%

Biometric Charts

Weight (kg)

Sep 15 - 22, 2025



Nutrient Charts

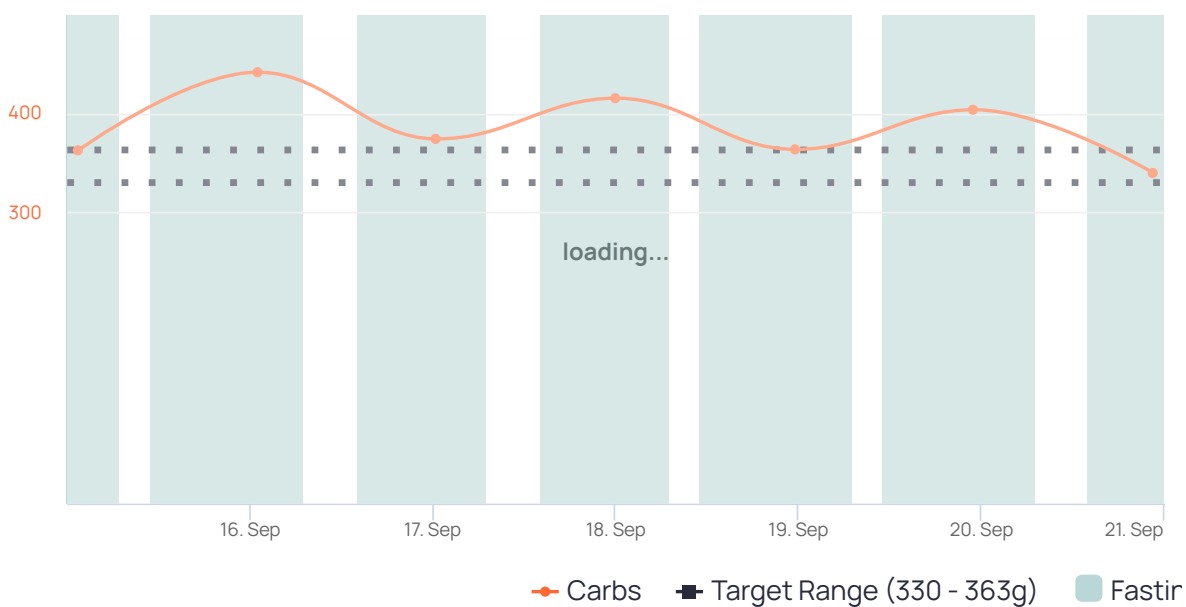
Protein (g)

Sep 15 - 22, 2025



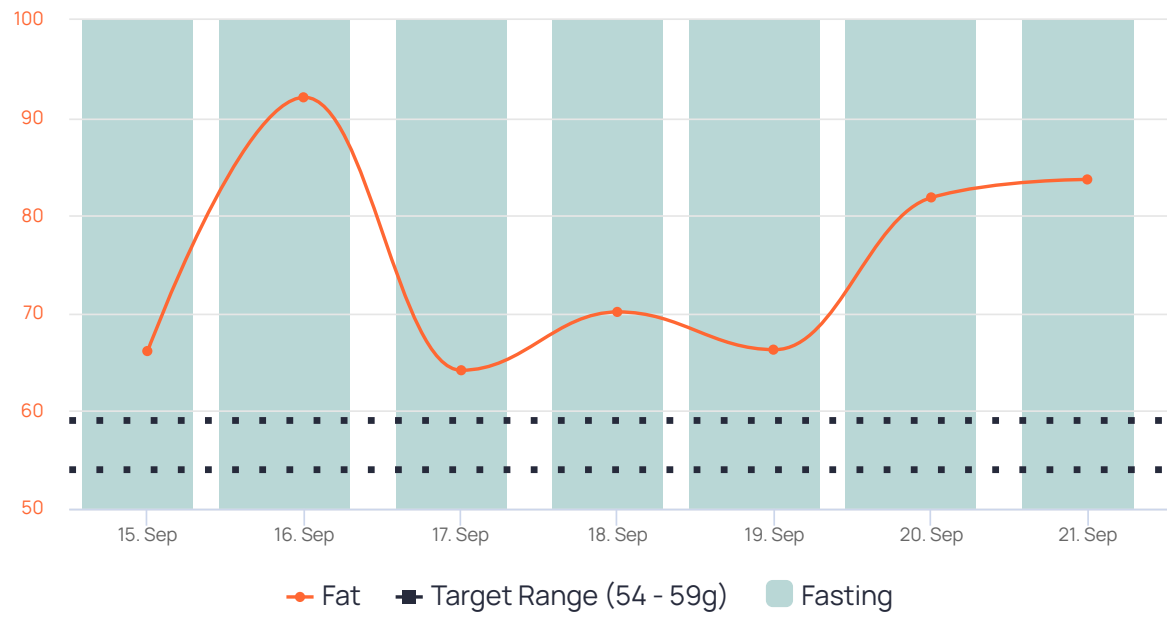
Carbs (Total) (g)

Sep 15 - 22, 2025



Fat (g)

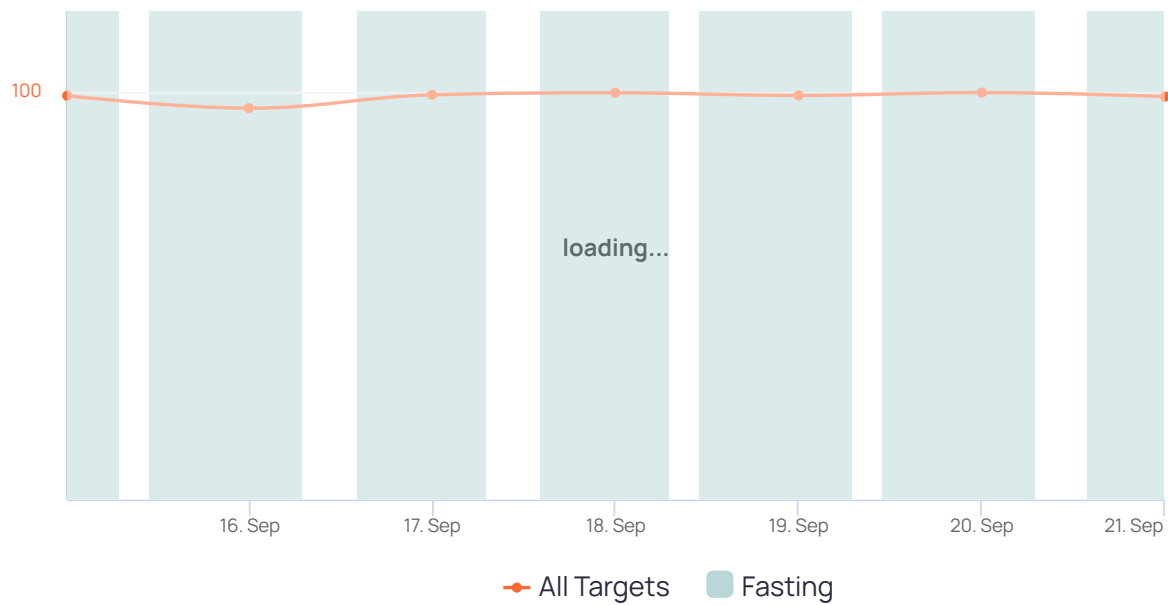
Sep 15 - 22, 2025



Nutrition Score Charts

All Targets

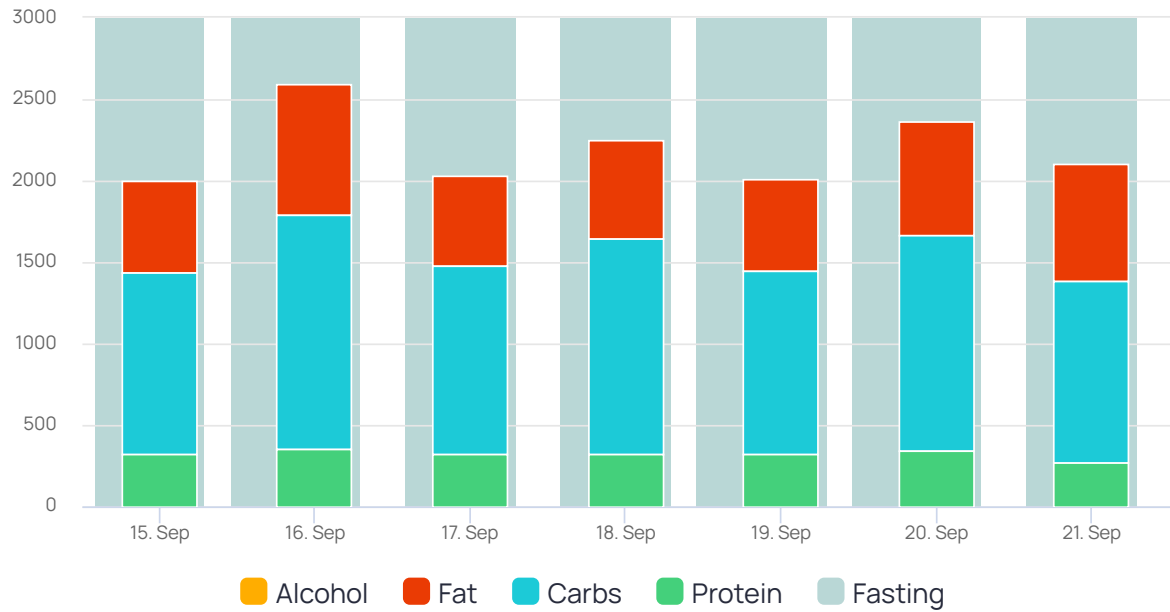
Sep 15 - 22, 2025





































System Charts

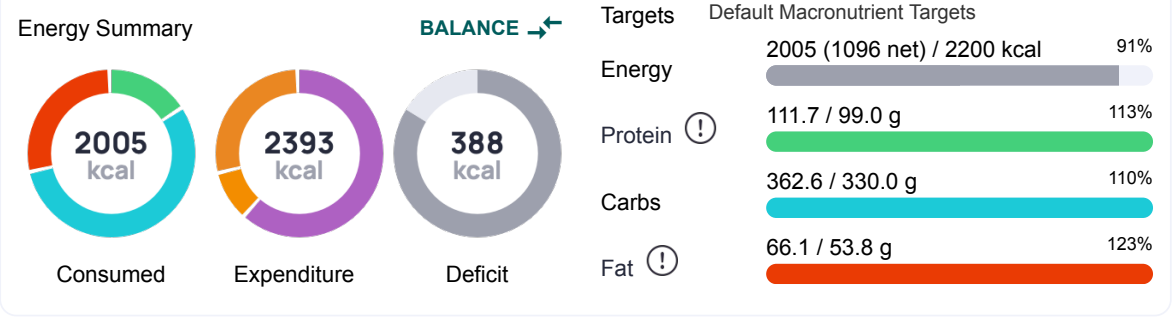
Energy Consumed (kcal)

Sep 15 - 22, 2025



Diary for Monday, September 15, 2025



















Completed: SunshinEat		Start: Sep 14, 14:00	End: Sep 15, 7:00		
Completed: SunshinEat		Start: Sep 15, 11:00	End: Sep 16, 7:00		
	 Daily Activity (Garmin)	Active: 357 kcal, Resting: 321 kcal	150 minutes	-678 kcal	
	 Recovery (Garmin)		34 %		
	 Heart Rate (Garmin)		53 bpm		
	 Sleep Score (Garmin)		63 %		
06:27	 Heart Rate Variability (HRV) (Garmin)	Average: 25ms, Peak: 52ms	34 ms		SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 17brpm, Peak: 25brpm	16 brpm		SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet	0 kcal	
06:35	 Vit Direct, Vitamin D3		1 softgel	0 kcal	
07:00	 Tap Water		480 g	0 kcal	
07:05	 Seeds, Flaxseed		16 g	82.24 kcal	
07:05	 Amazing Herbs, Whole Black Cumin Seed		4 g	20 kcal	
07:05	 Now, Kelp 100% Pure Powder		0.2 g	0 kcal	
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted		10 g	57.4 kcal	
07:05	 Cacao, Nibs, Raw Organic		10 g	45.86 kcal	
07:05	 Walnuts		30 g	203.7 kcal	
07:05	 Oat Bran, Dry		200 g	492 kcal	
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		330 g	135.3 kcal	
07:05	 Espresso		110 g	9.9 kcal	
07:05	 Apples, Raw, Granny Smith, with Skin		250 g	145 kcal	
09:35	 Water		210 mL	0 kcal	
09:40	 Espresso		60 g	5.4 kcal	
09:45	 Water		210 mL	0 kcal	
09:45	 Water		210 mL	0 kcal	
10:20	 Spinach, Raw		500 g	110 kcal	
10:25	 Stool		4 Bristol Scale		
10:30	 Water		210 mL	0 kcal	
10:40	 Tomato Sauce, Low Sodium		560 g	134.4 kcal	
10:40	 Tap Water		200 g	0 kcal	
10:50	 Beans, Canned, Low Salt		2 Can	564 kcal	
13:10	 Strength training (Garmin)		46.1 minutes	-231.53 kcal	
14:10	 Water		210 mL	0 kcal	
14:15	 Water		210 mL	0 kcal	
14:20	 Water		210 mL	0 kcal	
23:15	 Sleep (Garmin)	Light: 5 hr 0 min, Deep: 1 hr 23 min, REM: 35 min	6 hr 58 min		SHOW MORE

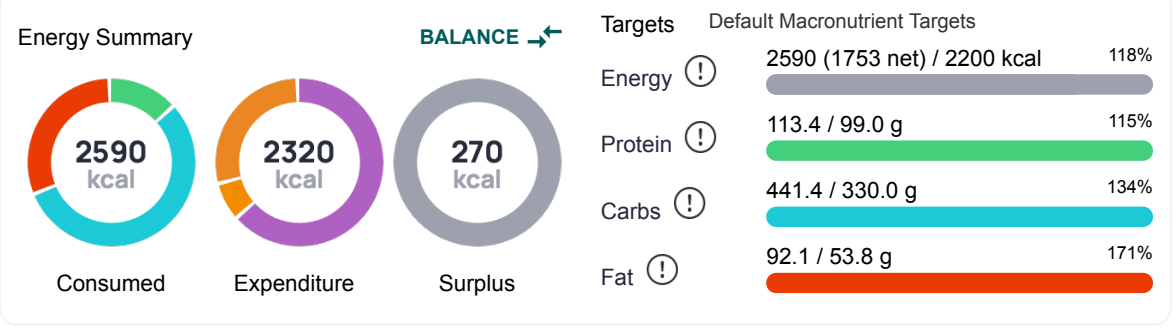


Nutrients for Monday, September 15, 2025

General				
Energy	2005.2 kcal	<div></div>		91%
Ash	39.6 g	<div></div>		N/T
Caffeine	360.4 mg	<div></div>		N/T
Oxalate	6052.5 mg	<div></div>		N/T
Water	4249.3 g	<div></div>		115%
Carbohydrates				
Carbs	362.6 g	<div></div>		110%
Fiber	91.1 g	<div></div>		304%
Added Sugars	53.2 g	<div></div>		N/T
Net Carbs	270.9 g	<div></div>		208%
Lipids				
Fat	66.1 g	<div></div>		122%
Omega-3	8.2 g	<div></div>		512%
Omega-6	24.6 g	<div></div>		175%
Saturated	10.7 g	<div></div>		n/a
Trans-Fats	0.0 g	<div></div>		n/a
Protein				
Protein	111.7 g	<div></div>		113%
Cystine	1.8 g	<div></div>		282%
Histidine	2.5 g	<div></div>		269%
Isoleucine	4.4 g	<div></div>		346%
Leucine	7.9 g	<div></div>		281%
Lysine	5.2 g	<div></div>		206%
Methionine	1.5 g	<div></div>		243%
Phenylalanine	5.2 g	<div></div>		470%
Threonine	3.4 g	<div></div>		259%
Tryptophan	1.5 g	<div></div>		447%
Tyrosine	3.3 g	<div></div>		301%
Valine	5.3 g	<div></div>		335%
Vitamins				
B1 (Thiamine)	3.7 mg	<div></div>		312%
B2 (Riboflavin)	3.1 mg	<div></div>		235%
B3 (Niacin)	24.5 mg	<div></div>		153%
B5 (Pantothenic Acid)	7.3 mg	<div></div>		145%
B6 (Pyridoxine)	2.9 mg	<div></div>		172%
B12 (Cobalamin)	26.6 µg	<div></div>		1109%
Folate	872.0 µg	<div></div>		218%
Vitamin A	1816.8 µg	<div></div>		202%
Retinol	118.8 µg	<div></div>		N/T
Vitamin C	203.2 mg	<div></div>		226%
Vitamin D	2270.5 IU	<div></div>		378%
Vitamin E	31.8 mg	<div></div>		212%
Vitamin K	2461.0 µg	<div></div>		2051%
Minerals				
Calcium	1303.9 mg	<div></div>		130%
Copper	4.2 mg	<div></div>		466%
Iodine	300.0 µg	<div></div>		200%
Iron	34.8 mg	<div></div>		435%
Magnesium	1573.3 mg	<div></div>		375%
Manganese	16.8 mg	<div></div>		731%
Phosphorus	2767.9 mg	<div></div>		395%
Potassium	7848.4 mg	<div></div>		231%
Selenium	155.8 µg	<div></div>		283%
Sodium	1339.3 mg	<div></div>		89%
Zinc	26.7 mg	<div></div>		243%

Diary for Tuesday, September 16, 2025

Completed: SunshinEat		Start: Sep 15, 11:00	End: Sep 16, 7:00		
Completed: SunshinEat		Start: Sep 16, 14:00	End: Sep 17, 7:00		
	 Daily Activity (Garmin)	Active: 344 kcal, Resting: 321 kcal	175 minutes	-665 kcal	
	 Heart Rate (Garmin)		50 bpm		
	 Recovery (Garmin)		38 %		
	 Sleep Score (Garmin)		81 %		
06:27	 Heart Rate Variability (HRV) (Garmin)	Average: 27ms, Peak: 61ms	36 ms		SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 16brpm, Peak: 22brpm	17 brpm		SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet	0 kcal	
06:35	 Vit Direct, Vitamin D3		1 softgel	0 kcal	
07:00	 Tap Water		480 g	0 kcal	
07:05	 Seeds, Flaxseed		16 g	82.24 kcal	
07:05	 Amazing Herbs, Whole Black Cumin Seed		4 g	20 kcal	
07:05	 Now, Kelp 100% Pure Powder		0.2 g	0 kcal	
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted		10 g	57.4 kcal	
07:05	 Cacao, Nibs, Raw Organic		10 g	45.86 kcal	
07:05	 Walnuts		30 g	203.7 kcal	
07:05	 Oat Bran, Dry		200 g	492 kcal	
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		330 g	135.3 kcal	
07:05	 Espresso		110 g	9.9 kcal	
07:05	 Apples, Raw, Granny Smith, with Skin		300 g	174 kcal	
08:50	 Water		210 mL	0 kcal	
09:00	 Water		210 mL	0 kcal	
10:30	 Tomato Sauce, Low Sodium		560 g	134.4 kcal	
10:30	 Tap Water		250 g	0 kcal	
11:20	 Beans, Canned, Low Salt		2 Can	564 kcal	
11:30	 Water		240 mL	0 kcal	
12:30	 Water		220 mL	0 kcal	
13:10	 Angel Hair Pasta, White, Cooked in Salted Water		250 g	395 kcal	
13:10	 Barilla, Pesto Basilico, Vegan		65 g	276.34 kcal	
16:43	 Water		240 mL	0 kcal	
18:03	 Strength training (Garmin)		37.65 minutes	-172.23 kcal	
21:00	 Water		210 mL	0 kcal	
22:58	 Sleep (Garmin)	Light: 4 hr 30 min, Deep: 1 hr 32 min, REM: 1 hr 20 min	7 hr 22 min		SHOW MORE



Nutrients for Tuesday, September 16, 2025

General			
Energy	2590.1 kcal	<div></div>	118%
Ash	33.2 g	<div></div>	N/T
Caffeine	233.2 mg	<div></div>	N/T
Oxalate	346.9 mg	<div></div>	N/T
Water	3836.5 g	<div></div>	104%

Carbohydrates			
Carbs	441.4 g	<div></div>	134%
Fiber	90.4 g	<div></div>	301%
Added Sugars	53.2 g	<div></div>	N/T
Net Carbs	350.6 g	<div></div>	270%

Lipids			
Fat	92.1 g	<div></div>	171%
Omega-3	7.2 g	<div></div>	450%
Omega-6	25.3 g	<div></div>	181%
Saturated	12.8 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a

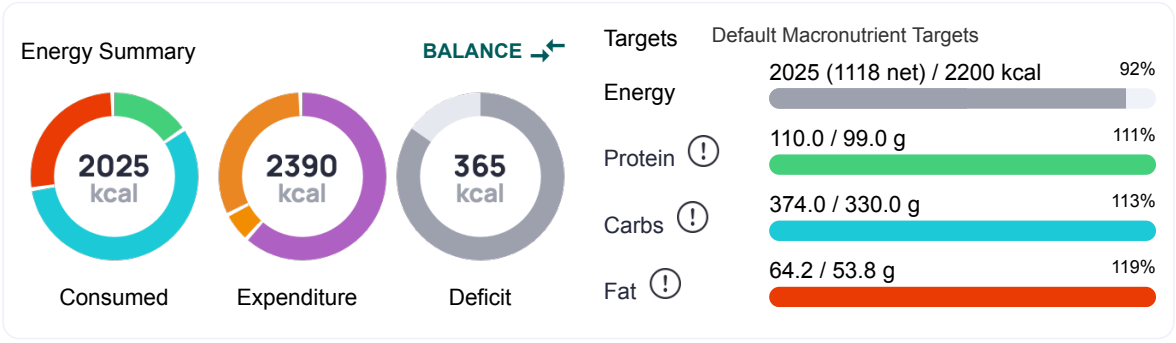
Protein			
Protein	113.4 g	<div></div>	115%
Cystine	1.9 g	<div></div>	297%
Histidine	2.5 g	<div></div>	270%
Isoleucine	4.2 g	<div></div>	331%
Leucine	7.8 g	<div></div>	280%
Lysine	4.7 g	<div></div>	184%
Methionine	1.4 g	<div></div>	225%
Phenylalanine	5.2 g	<div></div>	477%
Threonine	3.3 g	<div></div>	251%
Tryptophan	1.5 g	<div></div>	448%
Tyrosine	3.0 g	<div></div>	276%
Valine	5.2 g	<div></div>	324%

Vitamins			
B1 (Thiamine)	4.1 mg	<div></div>	338%
B2 (Riboflavin)	2.3 mg	<div></div>	180%
B3 (Niacin)	23.1 mg	<div></div>	145%
B5 (Pantothenic Acid)	7.2 mg	<div></div>	144%
B6 (Pyridoxine)	2.0 mg	<div></div>	117%
B12 (Cobalamin)	26.6 µg	<div></div>	1109%
Folate	616.1 µg	<div></div>	154%
Vitamin A	288.5 µg	<div></div>	32%
Retinol	118.8 µg	<div></div>	N/T
Vitamin C	53.9 mg	<div></div>	60%
Vitamin D	2270.5 IU	<div></div>	378%
Vitamin E	22.3 mg	<div></div>	149%
Vitamin K	48.0 µg	<div></div>	40%

Minerals			
Calcium	989.2 mg	<div></div>	99%
Copper	4.0 mg	<div></div>	449%
Iodine	270.0 µg	<div></div>	180%
Iron	32.8 mg	<div></div>	410%
Magnesium	1108.3 mg	<div></div>	264%
Manganese	15.5 mg	<div></div>	673%
Phosphorus	2709.7 mg	<div></div>	387%
Potassium	5649.4 mg	<div></div>	166%
Selenium	221.8 µg	<div></div>	403%
Sodium	1905.9 mg	<div></div>	127%
Zinc	25.9 mg	<div></div>	235%

Diary for Wednesday, September 17, 2025

Completed: SunshinEat		Start: Sep 16, 14:00	End: Sep 17, 7:00	
Completed: SunshinEat		Start: Sep 17, 14:00	End: Sep 18, 7:00	
	Daily Activity (Garmin)	Active: 447 kcal, Resting: 321 kcal	240 minutes	-768 kcal
	Sleep Score (Garmin)		53 %	
	Recovery (Garmin)		25 %	
	Heart Rate (Garmin)		55 bpm	
06:27	Heart Rate Variability (HRV) (Garmin)	Average: 21ms, Peak: 41ms	22 ms	SHOW MORE
06:30	Respiration Rate (Garmin)	Average: 19brpm, Peak: 25brpm	17 brpm	SHOW MORE
06:35	Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet	0 kcal
06:35	Vit Direct, Vitamin D3		1 softgel	0 kcal
07:00	Tap Water		480 g	0 kcal
07:05	Seeds, Flaxseed		16 g	82.24 kcal
07:05	Amazing Herbs, Whole Black Cumin Seed		4 g	20 kcal
07:05	Now, Kelp 100% Pure Powder		0.2 g	0 kcal
07:05	Pumpkin or Squash Seeds, Shelled, Unsalted		10 g	57.4 kcal
07:05	Cacao, Nibs, Raw Organic		10 g	45.86 kcal
07:05	Walnuts		30 g	203.7 kcal
07:05	Oat Bran, Dry		200 g	492 kcal
07:05	Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		350 g	143.5 kcal
07:05	Espresso		110 g	9.9 kcal
07:05	Apples, Raw, Granny Smith, with Skin		260 g	150.8 kcal
10:25	Water		240 mL	0 kcal
10:45	Beet Greens, Raw		550 g	121 kcal
11:10	Tomato Sauce, Low Sodium		560 g	134.4 kcal
11:10	Tap Water		200 g	0 kcal
12:30	Beans, Canned, Low Salt		2 Can	564 kcal
12:40	Water		240 mL	0 kcal
18:03	Strength training (Garmin)		36.95 minutes	-138.95 kcal
19:30	Water		750 mL	0 kcal
23:11	Sleep (Garmin)	Light: 4 hr 37 min, Deep: 1 hr 26 min, REM: 1 hr 2 min	7 hr 5 min	SHOW MORE



Nutrients for Wednesday, September 17, 2025

General			
Energy	2024.8 kcal	<div></div>	92%
Ash	45.3 g	<div></div>	N/T
Caffeine	233.2 mg	<div></div>	N/T
Oxalate	3682.0 mg	<div></div>	N/T
Water	4015.8 g	<div></div>	109%

Carbohydrates			
Carbs	374.0 g	<div></div>	113%
Fiber	103.9 g	<div></div>	346%
Added Sugars	53.5 g	<div></div>	N/T
Net Carbs	269.6 g	<div></div>	207%

Lipids			
Fat	64.2 g	<div></div>	119%
Omega-3	7.2 g	<div></div>	449%
Omega-6	24.8 g	<div></div>	177%
Saturated	10.3 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a




Protein			
Protein	110.0 g	<div></div>	111%
Cystine	1.7 g	<div></div>	271%
Histidine	2.4 g	<div></div>	255%
Isoleucine	3.9 g	<div></div>	308%
Leucine	7.3 g	<div></div>	261%
Lysine	4.7 g	<div></div>	186%
Methionine	1.4 g	<div></div>	216%
Phenylalanine	4.8 g	<div></div>	441%
Threonine	3.2 g	<div></div>	241%
Tryptophan	1.5 g	<div></div>	447%
Tyrosine	3.1 g	<div></div>	279%
Valine	4.9 g	<div></div>	307%

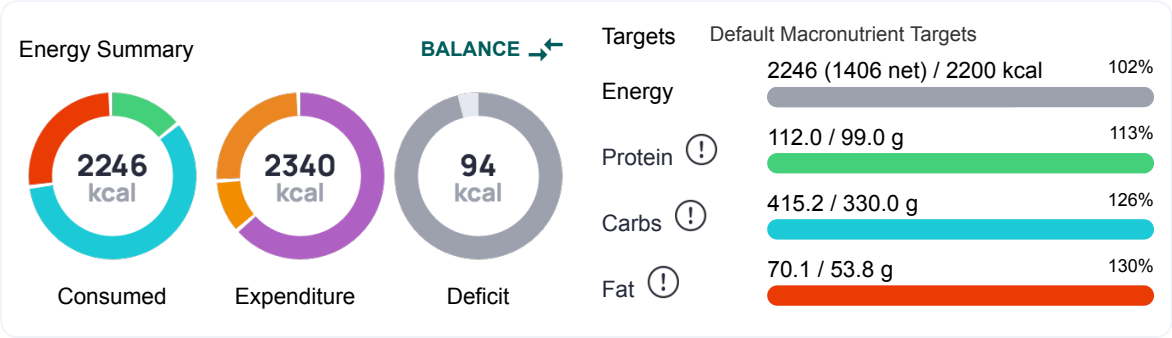
Vitamins			
B1 (Thiamine)	3.9 mg	<div></div>	326%
B2 (Riboflavin)	3.2 mg	<div></div>	249%
B3 (Niacin)	21.1 mg	<div></div>	132%
B5 (Pantothenic Acid)	8.3 mg	<div></div>	166%
B6 (Pyridoxine)	2.4 mg	<div></div>	144%
B12 (Cobalamin)	26.7 µg	<div></div>	1113%
Folate	391.0 µg	<div></div>	98%
Vitamin A	2033.3 µg	<div></div>	226%
Retinol	126.0 µg	<div></div>	N/T
Vitamin C	217.0 mg	<div></div>	241%
Vitamin D	2286.9 IU	<div></div>	381%
Vitamin E	30.9 mg	<div></div>	206%
Vitamin K	2247.4 µg	<div></div>	1873%

Minerals			
Calcium	1639.5 mg	<div></div>	164%
Copper	4.9 mg	<div></div>	540%
Iodine	270.0 µg	<div></div>	180%
Iron	43.8 mg	<div></div>	548%
Magnesium	1448.8 mg	<div></div>	345%
Manganese	16.8 mg	<div></div>	731%
Phosphorus	2794.0 mg	<div></div>	399%
Potassium	9717.6 mg	<div></div>	286%
Selenium	161.2 µg	<div></div>	293%
Sodium	2048.0 mg	<div></div>	137%
Zinc	26.7 mg	<div></div>	243%

Diary for Thursday, September 18, 2025

Completed: SunshinEat		Start: Sep 17, 14:00	End: Sep 18, 7:00		
Completed: SunshinEat		Start: Sep 18, 11:00	End: Sep 19, 7:00		
	 Daily Activity (Garmin)	Active: 277 kcal, Resting: 321 kcal	133 minutes	-598 kcal	
06:45	 Weight (Garmin)		66.5 kg		
	 Recovery (Garmin)		56 %		
	 Heart Rate (Garmin)		50 bpm		
	 Sleep Score (Garmin)		83 %		
06:27	 Heart Rate Variability (HRV) (Garmin)	Average: 30ms, Peak: 78ms	29 ms		SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 16brpm, Peak: 24brpm	16 brpm		SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet	0 kcal	
06:35	 Vit Direct, Vitamin D3		1 softgel	0 kcal	
06:45	 Stool		4 Bristol Scale		
06:45	 Body Fat		17.9 %		
06:45	 Skeletal Muscle Mass		41.8 %		
06:45	 Total Body Water		37.2 L		
07:00	 Tap Water		480 g	0 kcal	
07:05	 Seeds, Flaxseed		16 g	82.24 kcal	
07:05	 Amazing Herbs, Whole Black Cumin Seed		4 g	20 kcal	
07:05	 Now, Kelp 100% Pure Powder		0.2 g	0 kcal	
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted		10 g	57.4 kcal	
07:05	 Cacao, Nibs, Raw Organic		10 g	45.86 kcal	
07:05	 Walnuts		30 g	203.7 kcal	
07:05	 Oat Bran, Dry		200 g	492 kcal	
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		340 g	139.4 kcal	
07:05	 Espresso		110 g	9.9 kcal	
07:05	 Apples, Raw, Granny Smith, with Skin		300 g	174 kcal	
07:30	 French Fries, Cooked from Frozen		1 cup, whole pieces	163.38 kcal	
07:35	 Peaches, Raw		100 g	39 kcal	
09:30	 Water		210 mL	0 kcal	
09:35	 Water		210 mL	0 kcal	
09:40	 Espresso		60 g	5.4 kcal	
09:45	 Water		210 mL	0 kcal	
10:30	 Beet Greens, Raw		500 g	110 kcal	
10:40	 Tomato Sauce, Low Sodium		560 g	134.4 kcal	
10:40	 Tap Water		200 g	0 kcal	
11:00	 Beans, Canned, Low Salt		2 Can	564 kcal	
12:30	 Water		210 mL	0 kcal	

13:27		Strength training (Garmin)	43.22	minutes	-242.5	kcal
14:30		Water	210	mL	0	kcal
14:34		Espresso	60	g	5.4	kcal
14:40		Water	210	mL	0	kcal
14:45		Water	210	mL	0	kcal
21:42		Sleep Light: 5 hr 27 min, Deep: 1 hr 48 (Garmin) min, REM: 1 hr 15 min	8 hr	30 min		SHOW MORE

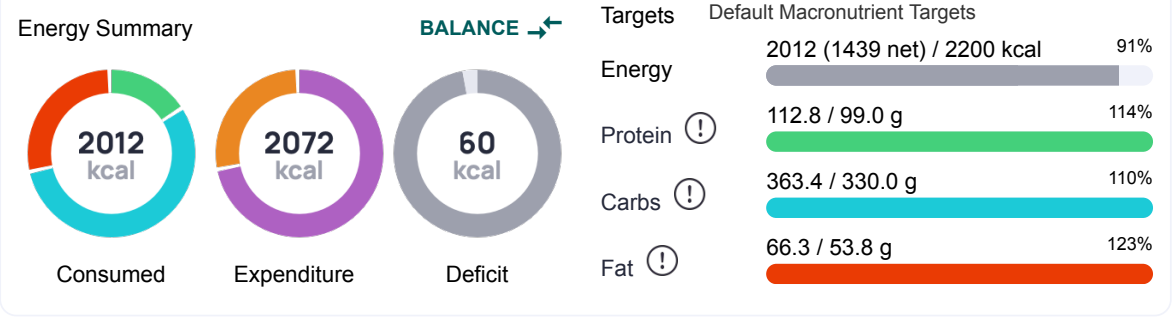


Nutrients for Thursday, September 18, 2025

General				
Energy	2246.1 kcal	<div></div>		102%
Ash	46.7 g	<div></div>		N/T
Caffeine	487.6 mg	<div></div>		N/T
Oxalate	3404.7 mg	<div></div>		N/T
Water	4509.1 g	<div></div>		122%
Carbohydrates				
Carbs	415.2 g	<div></div>		126%
Fiber	107.4 g	<div></div>		358%
Added Sugars	53.3 g	<div></div>		N/T
Net Carbs	307.1 g	<div></div>		236%
Lipids				
Fat	70.1 g	<div></div>		130%
Omega-3	7.4 g	<div></div>		462%
Omega-6	26.8 g	<div></div>		191%
Saturated	11.2 g	<div></div>		n/a
Trans-Fats	0.0 g	<div></div>		n/a
Protein				
Protein	112.0 g	<div></div>		113%
Cystine	1.7 g	<div></div>		276%
Histidine	2.4 g	<div></div>		260%
Isoleucine	4.0 g	<div></div>		315%
Leucine	7.4 g	<div></div>		265%
Lysine	4.8 g	<div></div>		191%
Methionine	1.4 g	<div></div>		222%
Phenylalanine	4.9 g	<div></div>		449%
Threonine	3.3 g	<div></div>		245%
Tryptophan	1.5 g	<div></div>		455%
Tyrosine	3.1 g	<div></div>		285%
Valine	5.0 g	<div></div>		314%
Vitamins				
B1 (Thiamine)	4.0 mg	<div></div>		335%
B2 (Riboflavin)	3.4 mg	<div></div>		261%
B3 (Niacin)	29.7 mg	<div></div>		186%
B5 (Pantothenic Acid)	9.1 mg	<div></div>		181%
B6 (Pyridoxine)	2.8 mg	<div></div>		164%
B12 (Cobalamin)	26.7 µg	<div></div>		1111%
Folate	400.9 µg	<div></div>		100%
Vitamin A	1890.0 µg	<div></div>		210%
Retinol	122.4 µg	<div></div>		N/T
Vitamin C	220.6 mg	<div></div>		245%
Vitamin D	2278.7 IU	<div></div>		380%
Vitamin E	32.6 mg	<div></div>		217%
Vitamin K	2058.0 µg	<div></div>		1715%
Minerals				
Calcium	1588.5 mg	<div></div>		159%
Copper	5.1 mg	<div></div>		567%
Iodine	270.3 µg	<div></div>		180%
Iron	43.3 mg	<div></div>		542%
Magnesium	1545.8 mg	<div></div>		368%
Manganese	16.9 mg	<div></div>		736%
Phosphorus	2855.5 mg	<div></div>		408%
Potassium	10191.9 mg	<div></div>		300%
Selenium	162.0 µg	<div></div>		295%
Sodium	2284.4 mg	<div></div>		152%
Zinc	27.1 mg	<div></div>		246%

Diary for Friday, September 19, 2025

Completed: SunshinEat		Start: Sep 18, 11:00	End: Sep 19, 7:00		
Completed: SunshinEat		Start: Sep 19, 11:00	End: Sep 20, 7:00		
	 Daily Activity (Garmin)	Active: 252 kcal, Resting: 321 kcal	136 minutes	-573 kcal	
	 Heart Rate (Garmin)		50 bpm		
	 Recovery (Garmin)		53 %		
	 Sleep Score (Garmin)		80 %		
06:27	 Heart Rate Variability (HRV) (Garmin)	Average: 25ms, Peak: 59ms	32 ms		SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 17brpm, Peak: 23brpm	18 brpm		SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet	0 kcal	
06:35	 Vit Direct, Vitamin D3		1 softgel	0 kcal	
07:00	 Tap Water		480 g	0 kcal	
07:05	 Seeds, Flaxseed		16 g	82.24 kcal	
07:05	 Amazing Herbs, Whole Black Cumin Seed		4 g	20 kcal	
07:05	 Now, Kelp 100% Pure Powder		0.2 g	0 kcal	
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted		10 g	57.4 kcal	
07:05	 Cacao, Nibs, Raw Organic		10 g	45.86 kcal	
07:05	 Walnuts		30 g	203.7 kcal	
07:05	 Oat Bran, Dry		200 g	492 kcal	
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		330 g	135.3 kcal	
07:05	 Espresso		110 g	9.9 kcal	
07:05	 Apples, Raw, Granny Smith, with Skin		256 g	148.48 kcal	
08:30	 Water		240 mL	0 kcal	
08:40	 Stool		4 Bristol Scale		
08:45	 Water		240 mL	0 kcal	
09:30	 Spinach, Raw		540 g	118.8 kcal	
10:00	 Tomato Sauce, Low Sodium		560 g	134.4 kcal	
10:00	 Tap Water		200 g	0 kcal	
10:45	 Beans, Canned, Low Salt		2 Can	564 kcal	
12:40	 Water		240 mL	0 kcal	
12:50	 Water		240 mL	0 kcal	
22:35	 Sleep (Garmin)	Light: 4 hr 32 min, Deep: 1 hr 4 min, REM: 2 hr 0 min	7 hr 36 min		SHOW MORE



Nutrients for Friday, September 19, 2025

General			
Energy	2012.1 kcal	<div></div>	91%
Ash	40.0 g	<div></div>	N/T
Caffeine	233.2 mg	<div></div>	N/T
Oxalate	6509.6 mg	<div></div>	N/T
Water	3722.7 g	<div></div>	101%

Carbohydrates			
Carbs	363.4 g	<div></div>	110%
Fiber	91.9 g	<div></div>	306%
Added Sugars	53.2 g	<div></div>	N/T
Net Carbs	271.0 g	<div></div>	208%

Lipids			
Fat	66.3 g	<div></div>	123%
Omega-3	8.3 g	<div></div>	517%
Omega-6	24.6 g	<div></div>	175%
Saturated	10.6 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a

Protein			
Protein	112.8 g	<div></div>	114%
Cystine	1.8 g	<div></div>	284%
Histidine	2.5 g	<div></div>	272%
Isoleucine	4.4 g	<div></div>	351%
Leucine	7.9 g	<div></div>	284%
Lysine	5.3 g	<div></div>	209%
Methionine	1.6 g	<div></div>	246%
Phenylalanine	5.2 g	<div></div>	475%
Threonine	3.5 g	<div></div>	263%
Tryptophan	1.5 g	<div></div>	452%
Tyrosine	3.4 g	<div></div>	305%
Valine	5.4 g	<div></div>	339%

Vitamins			
B1 (Thiamine)	3.8 mg	<div></div>	314%
B2 (Riboflavin)	3.0 mg	<div></div>	233%
B3 (Niacin)	21.6 mg	<div></div>	135%
B5 (Pantothenic Acid)	7.3 mg	<div></div>	145%
B6 (Pyridoxine)	3.0 mg	<div></div>	177%
B12 (Cobalamin)	26.6 µg	<div></div>	1109%
Folate	916.7 µg	<div></div>	229%
Vitamin A	1939.6 µg	<div></div>	216%
Retinol	118.8 µg	<div></div>	N/T
Vitamin C	215.5 mg	<div></div>	239%
Vitamin D	2270.5 IU	<div></div>	378%
Vitamin E	32.6 mg	<div></div>	218%
Vitamin K	2654.3 µg	<div></div>	2212%

Minerals			
Calcium	1329.8 mg	<div></div>	133%
Copper	4.2 mg	<div></div>	466%
Iodine	302.4 µg	<div></div>	202%
Iron	35.2 mg	<div></div>	440%
Magnesium	1562.8 mg	<div></div>	372%
Manganese	17.0 mg	<div></div>	737%
Phosphorus	2780.8 mg	<div></div>	397%
Potassium	7970.6 mg	<div></div>	234%
Selenium	155.8 µg	<div></div>	283%
Sodium	1373.8 mg	<div></div>	92%
Zinc	26.8 mg	<div></div>	244%

Diary for Saturday, September 20, 2025

	Completed: SunshinEat	Start: Sep 19, 11:00	End: Sep 20, 7:00
	Completed: SunshinEat	Start: Sep 20, 14:00	End: Sep 21, 7:00
	 Daily Activity (Garmin)	Active: 280 kcal, Resting: 321 kcal	146 minutes -601 kcal
	 Recovery (Garmin)		55 %
	 Heart Rate (Garmin)		51 bpm
	 Sleep Score (Garmin)		78 %
06:26	 Heart Rate Variability (HRV) (Garmin)	Average: 26ms, Peak: 65ms	32 ms SHOW MORE
06:31	 Respiration Rate (Garmin)	Average: 16brpm, Peak: 23brpm	14 brpm SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg	1 Tablet	0 kcal
06:35	 Vit Direct, Vitamin D3	1 softgel	0 kcal
07:00	 Tap Water	480 g	0 kcal
07:05	 Seeds, Flaxseed	16 g	82.24 kcal
07:05	 Amazing Herbs, Whole Black Cumin Seed	4 g	20 kcal
07:05	 Now, Kelp 100% Pure Powder	0.2 g	0 kcal
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted	10 g	57.4 kcal
07:05	 Cacao, Nibs, Raw Organic	10 g	45.86 kcal
07:05	 Walnuts	30 g	203.7 kcal
07:05	 Oat Bran, Dry	200 g	492 kcal
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched	340 g	139.4 kcal
07:05	 Espresso	70 g	6.3 kcal
07:05	 Apples, Raw, Granny Smith, with Skin	290 g	168.2 kcal
08:00	 Leave home to bring Noemi to RSC for her try with "Esirdienti B Agonismo" lesson!		
08:40	 Leave Noemi swimming at RSC and go to Valeas Gym!		
09:07	 Strength training (Garmin)	33.93 minutes	-136.06 kcal
09:50	 Come back to RSC to see last part of Noemi's lesson and help her out after swimming.		
11:00	 Water	750 mL	0 kcal
11:15	 Spinach, Raw	540 g	118.8 kcal
12:25	 Tomato Sauce, Low Sodium	560 g	134.4 kcal
12:25	 Tap Water	200 g	0 kcal
12:30	 Beans, Canned, Low Salt	1 Can	282 kcal
13:00	 Water	240 mL	0 kcal
13:05	 Water	240 mL	0 kcal
13:20	 Angel Hair Pasta, White, Cooked in Salted Water	300 g	474 kcal
13:20	 Red Bell Peppers, Cooked	100 g	28 kcal
13:20	 Extra Virgin Olive Oil	1 tbsp	119.34 kcal

22:45



Sleep
(Garmin)

Light: 5 hr 2 min, Deep: 1 hr 34 min, REM: 55 min

7 hr 31 min

[SHOW MORE](#)

Energy Summary



Consumed



Expenditure



Surplus

BALANCE ↗↖

Targets

Energy

Protein ⓘ

Carbs ⓘ

Fat ⓘ

Default Macronutrient Targets

2372 (1635 net) / 2200 kcal 108%

117.4 / 99.0 g 119%

403.5 / 330.0 g 122%

81.9 / 53.8 g 152%

Nutrients for Saturday, September 20, 2025

General			
Energy	2371.6 kcal	<div></div>	108%
Ash	36.0 g	<div></div>	N/T
Caffeine	148.4 mg	<div></div>	N/T
Oxalate	6463.9 mg	<div></div>	N/T
Water	4054.0 g	<div></div>	110%

Carbohydrates			
Carbs	403.5 g	<div></div>	122%
Fiber	87.2 g	<div></div>	291%
Added Sugars	29.5 g	<div></div>	N/T
Net Carbs	315.7 g	<div></div>	243%










Lipids			
Fat	81.9 g	<div></div>	152%
Omega-3	8.3 g	<div></div>	520%
Omega-6	26.8 g	<div></div>	191%
Saturated	12.9 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a

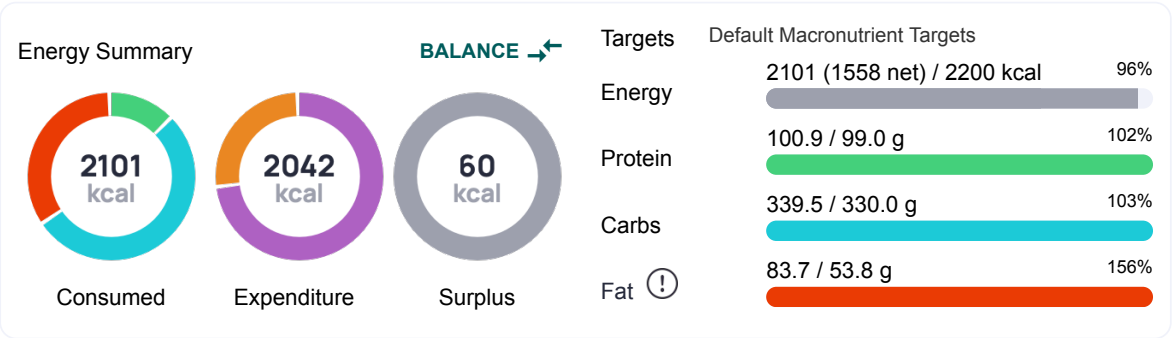
Protein			
Protein	117.4 g	<div></div>	119%
Cystine	2.0 g	<div></div>	322%
Histidine	2.6 g	<div></div>	274%
Isoleucine	4.5 g	<div></div>	354%
Leucine	8.1 g	<div></div>	290%
Lysine	4.8 g	<div></div>	191%
Methionine	1.6 g	<div></div>	256%
Phenylalanine	5.3 g	<div></div>	486%
Threonine	3.7 g	<div></div>	278%
Tryptophan	1.6 g	<div></div>	484%
Tyrosine	3.3 g	<div></div>	304%
Valine	5.5 g	<div></div>	342%

Vitamins			
B1 (Thiamine)	4.4 mg	<div></div>	365%
B2 (Riboflavin)	3.3 mg	<div></div>	254%
B3 (Niacin)	23.9 mg	<div></div>	149%
B5 (Pantothenic Acid)	7.1 mg	<div></div>	141%
B6 (Pyridoxine)	3.2 mg	<div></div>	185%
B12 (Cobalamin)	26.7 µg	<div></div>	1111%
Folate	1268.2 µg	<div></div>	317%
Vitamin A	2075.6 µg	<div></div>	231%
Retinol	122.4 µg	<div></div>	N/T
Vitamin C	388.0 mg	<div></div>	431%
Vitamin D	2278.7 IU	<div></div>	380%
Vitamin E	36.3 mg	<div></div>	242%
Vitamin K	2666.5 µg	<div></div>	2222%

Minerals			
Calcium	1272.7 mg	<div></div>	127%
Copper	4.1 mg	<div></div>	459%
Iodine	302.4 µg	<div></div>	202%
Iron	36.1 mg	<div></div>	451%
Magnesium	1517.0 mg	<div></div>	361%
Manganese	17.7 mg	<div></div>	770%
Phosphorus	2756.4 mg	<div></div>	394%
Potassium	7609.1 mg	<div></div>	224%
Selenium	220.5 µg	<div></div>	401%
Sodium	1505.8 mg	<div></div>	100%
Zinc	21.7 mg	<div></div>	197%

Diary for Sunday, September 21, 2025

	Completed: SunshinEat	Start: Sep 20, 14:00	End: Sep 21, 7:00
	Completed: SunshinEat	Start: Sep 21, 14:00	End: Sep 22, 7:00
	 Daily Activity (Garmin)	Active: 222 kcal, Resting: 321 kcal	155 minutes -543 kcal
	 Sleep Score (Garmin)		68 %
	 Recovery (Garmin)		43 %
	 Heart Rate (Garmin)		56 bpm
06:16	 Heart Rate Variability (HRV) (Garmin)	Average: 23ms, Peak: 74ms	45 ms SHOW MORE
06:31	 Respiration Rate (Garmin)	Average: 17brpm, Peak: 24brpm	11 brpm SHOW MORE
06:35	 Holland & Barrett, Vitamin B12, 25 mcg		1 Tablet 0 kcal
06:35	 Vit Direct, Vitamin D3		1 softgel 0 kcal
07:00	 Tap Water		450 g 0 kcal
07:05	 Seeds, Flaxseed		8 g 41.12 kcal
07:05	 Amazing Herbs, Whole Black Cumin Seed		2 g 10 kcal
07:05	 Now, Kelp 100% Pure Powder		0.2 g 0 kcal
07:05	 Pumpkin or Squash Seeds, Shelled, Unsalted		10 g 57.4 kcal
07:05	 Cacao, Nibs, Raw Organic		10 g 45.86 kcal
07:05	 Walnuts		40 g 271.6 kcal
07:05	 Oat Bran, Dry		200 g 492 kcal
07:05	 Soy Milk, Plain or Original, Sweetened with Sugar, Ready-to-Drink, Enriched		340 g 139.4 kcal
07:05	 Espresso		70 g 6.3 kcal
07:05	 Apples, Raw, Granny Smith, with Skin		330 g 191.4 kcal
10:40	 Spinach, Raw		500 g 110 kcal
10:50	 Tap Water		200 g 0 kcal
10:50	 Tomato Sauce, Low Sodium		560 g 134.4 kcal
11:20	 Water		240 mL 0 kcal
11:30	 Water		240 mL 0 kcal
11:40	 Water		240 mL 0 kcal
11:50	 Water		240 mL 0 kcal
12:30	 Water		240 mL 0 kcal
12:50	 Water		240 mL 0 kcal
13:00	 Water		240 mL 0 kcal
13:20	 Angel Hair Pasta, White, Cooked in Salted Water		270 g 426.6 kcal
13:20	 Red Bell Peppers, Cooked		200 g 56 kcal
13:20	 Extra Virgin Olive Oil		1 tbsp 119.34 kcal
22:15	 Sleep (Garmin)	Light: 4 hr 11 min, Deep: 1 hr 45 min, REM: 2 hr 6 min	8 hr 2 min SHOW MORE



Nutrients for Sunday, September 21, 2025

General			
Energy	2101.4 kcal	<div></div>	96%
Ash	30.3 g	<div></div>	N/T
Caffeine	148.4 mg	<div></div>	N/T
Oxalate	5939.2 mg	<div></div>	N/T
Water	4328.3 g	<div></div>	117%

Carbohydrates			
Carbs	339.5 g	<div></div>	103%
Fiber	74.4 g	<div></div>	248%
Added Sugars	5.6 g	<div></div>	N/T
Net Carbs	264.5 g	<div></div>	203%

Lipids			
Fat	83.7 g	<div></div>	155%
Omega-3	7.5 g	<div></div>	468%
Omega-6	30.1 g	<div></div>	215%
Saturated	12.9 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a

Protein			
Protein	100.9 g	<div></div>	102%
Cystine	1.9 g	<div></div>	299%
Histidine	2.1 g	<div></div>	226%
Isoleucine	3.7 g	<div></div>	291%
Leucine	6.7 g	<div></div>	240%
Lysine	3.8 g	<div></div>	152%
Methionine	1.4 g	<div></div>	227%
Phenylalanine	4.4 g	<div></div>	400%
Threonine	3.2 g	<div></div>	237%
Tryptophan	1.4 g	<div></div>	426%
Tyrosine	2.9 g	<div></div>	266%
Valine	4.5 g	<div></div>	285%

Vitamins			
B1 (Thiamine)	4.0 mg	<div></div>	335%
B2 (Riboflavin)	3.1 mg	<div></div>	239%
B3 (Niacin)	22.2 mg	<div></div>	139%
B5 (Pantothenic Acid)	6.4 mg	<div></div>	129%
B6 (Pyridoxine)	3.1 mg	<div></div>	181%
B12 (Cobalamin)	26.7 µg	<div></div>	1111%
Folate	1173.7 µg	<div></div>	293%
Vitamin A	2086.0 µg	<div></div>	232%
Retinol	122.4 µg	<div></div>	N/T
Vitamin C	548.8 mg	<div></div>	610%
Vitamin D	2278.7 IU	<div></div>	380%
Vitamin E	36.8 mg	<div></div>	246%
Vitamin K	2477.2 µg	<div></div>	2064%

Minerals			
Calcium	1142.3 mg	<div></div>	114%
Copper	3.7 mg	<div></div>	414%
Iodine	300.0 µg	<div></div>	200%
Iron	31.8 mg	<div></div>	398%
Magnesium	1389.5 mg	<div></div>	331%
Manganese	17.4 mg	<div></div>	754%
Phosphorus	2515.4 mg	<div></div>	359%
Potassium	6932.9 mg	<div></div>	204%
Selenium	187.6 µg	<div></div>	341%
Sodium	1159.4 mg	<div></div>	77%
Zinc	14.5 mg	<div></div>	132%

