

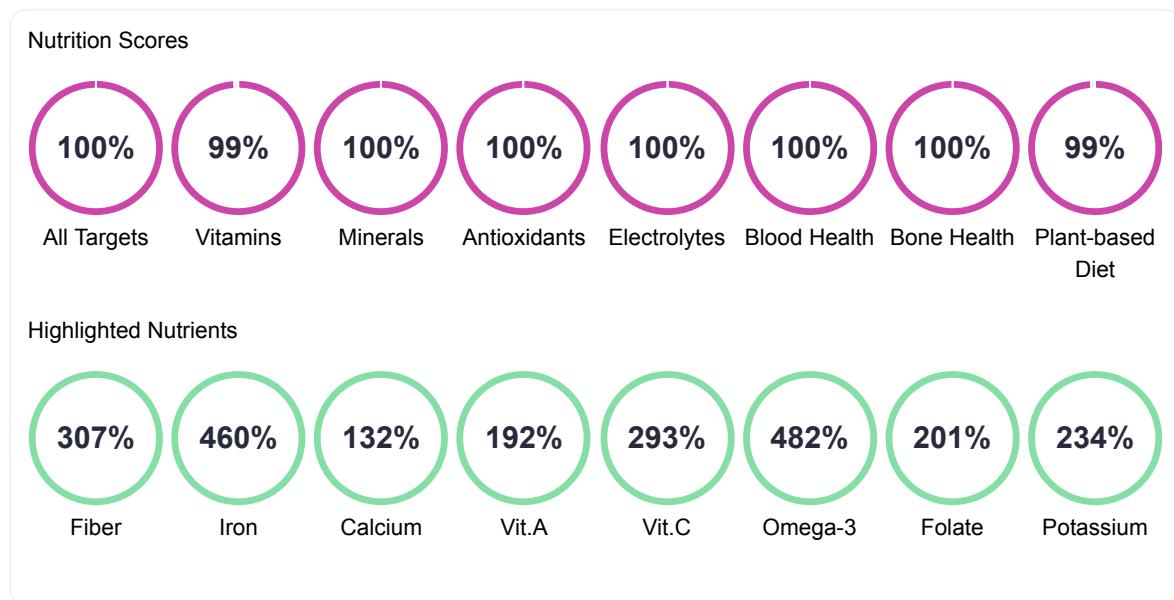
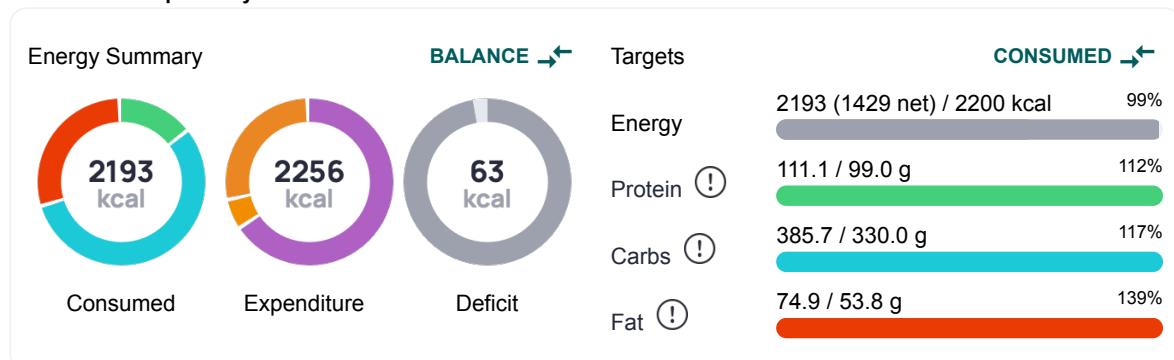


cronometer.com detailed report
September 22, 2025

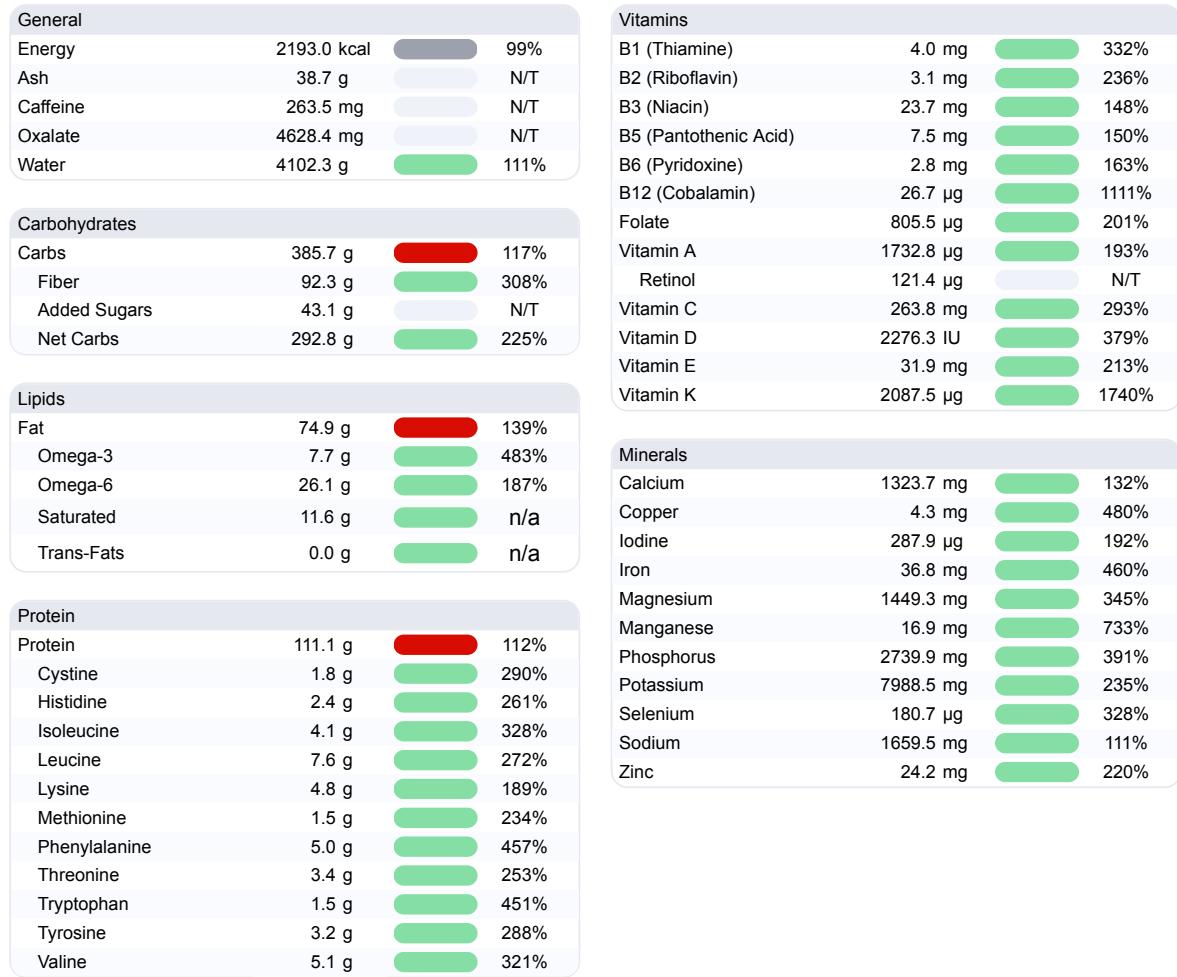
Name: Adalberto
Age: 53
Sex: Male
Height: 175.0 cm / 5' 9"
Weight: 66.5 kg / 146.6 lbs
BMI: 21.7
BMR: 1498.8 kcal

Daily Average Nutrition Report September 15, 2025 to September 21, 2025

Based on 7 complete days



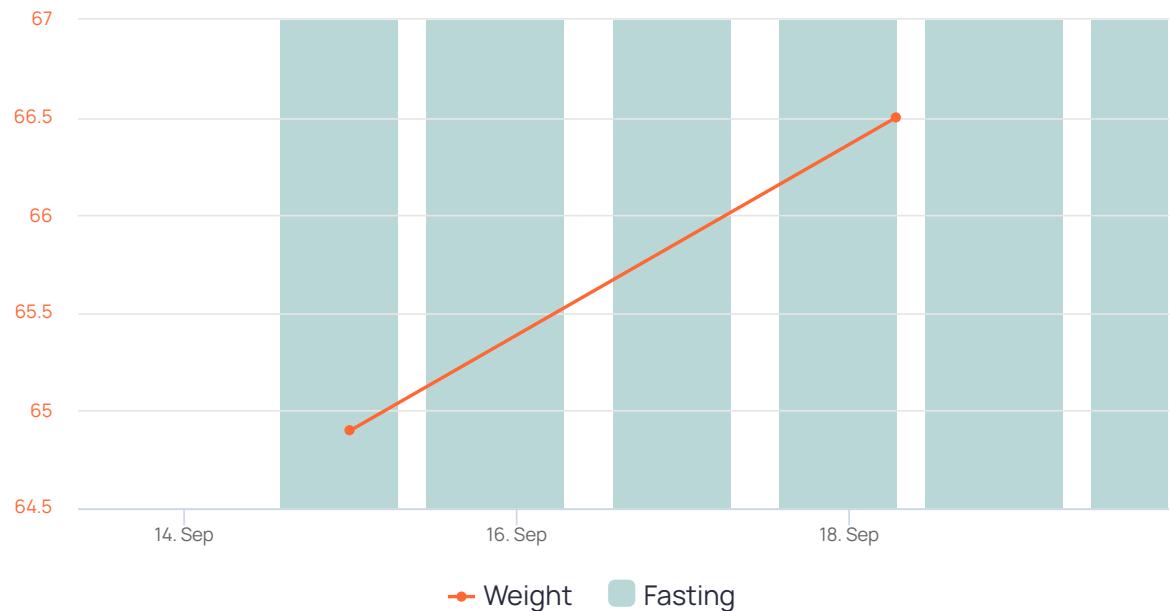
Targets



Biometric Charts

Weight (kg)

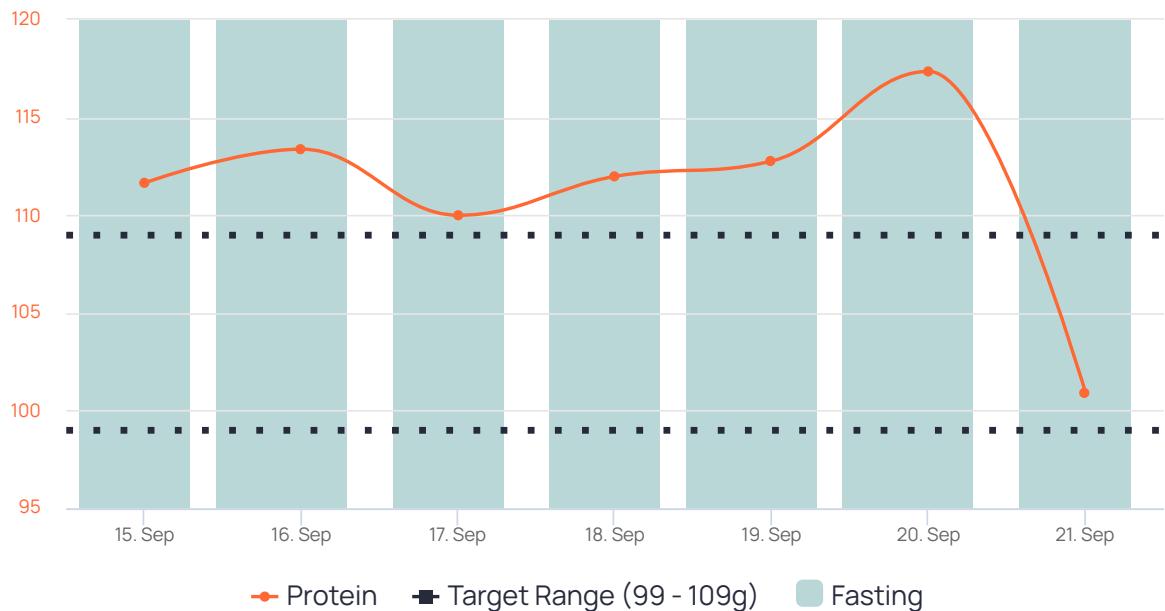
Sep 15 - 22, 2025



Nutrient Charts

Protein (g)

Sep 15 - 22, 2025



Carbs (Total) (g)

Sep 15 - 22, 2025



Fat (g)

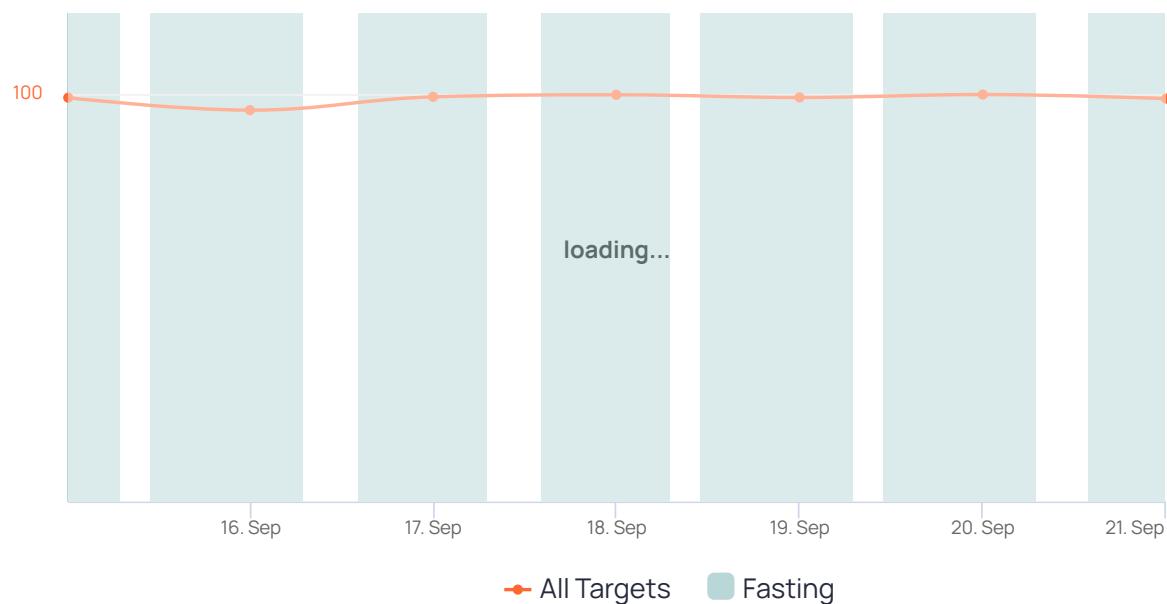
Sep 15 - 22, 2025



Nutrition Score Charts

All Targets

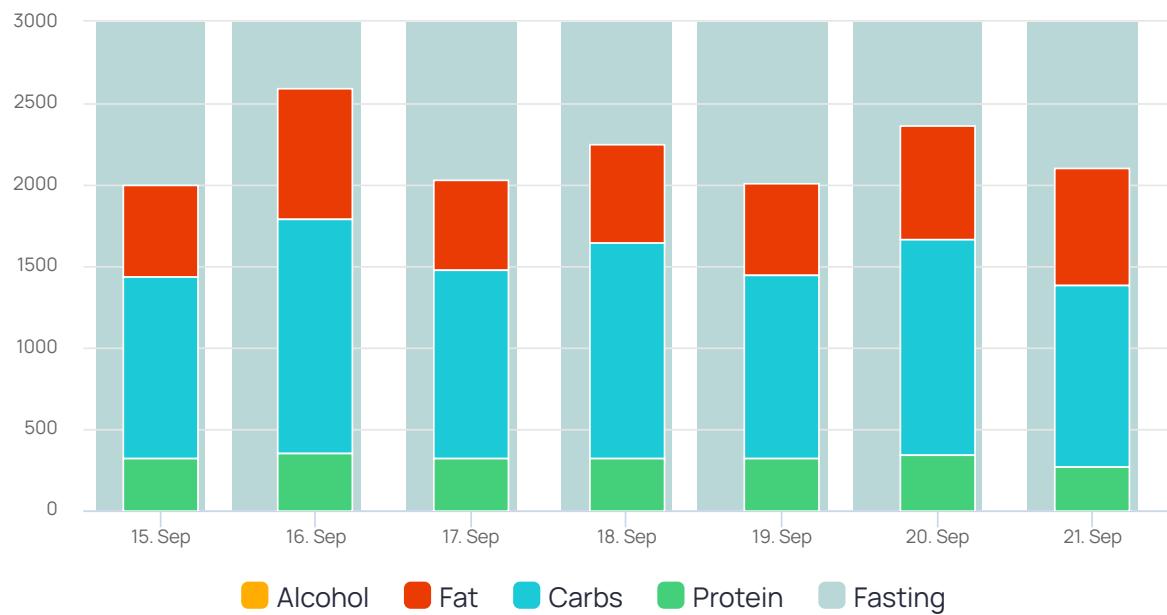
Sep 15 - 22, 2025



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

Energy Summary



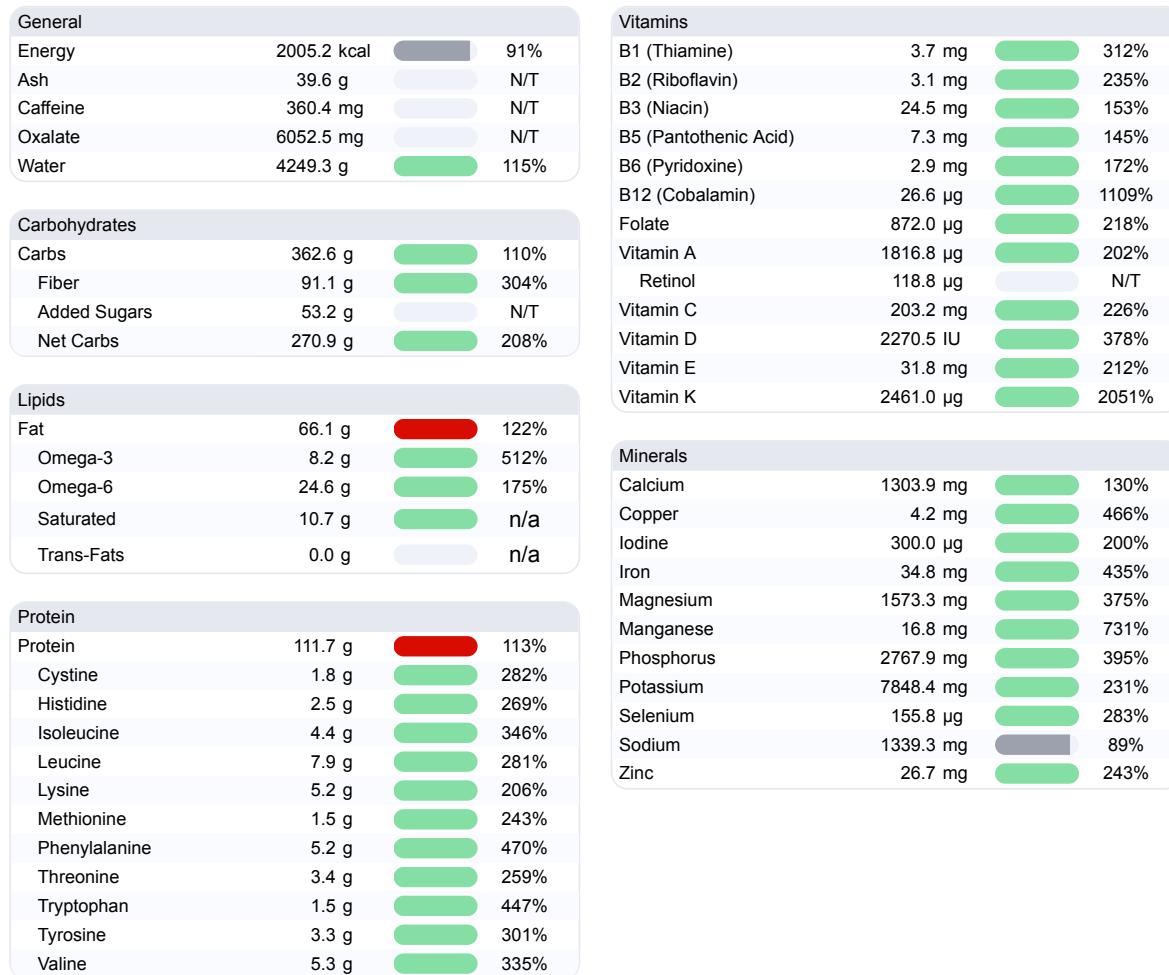
BALANCE ↪



Targets

Default Macronutrient Targets	
2005 (1096 net) / 2200 kcal	91%
Energy	
111.7 / 99.0 g	113%
Protein	!
362.6 / 330.0 g	110%
Carbs	
66.1 / 53.8 g	123%
Fat	!

Nutrients for Monday, September 15, 2025



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

Energy Summary



BALANCE ↪



Consumed

Expenditure

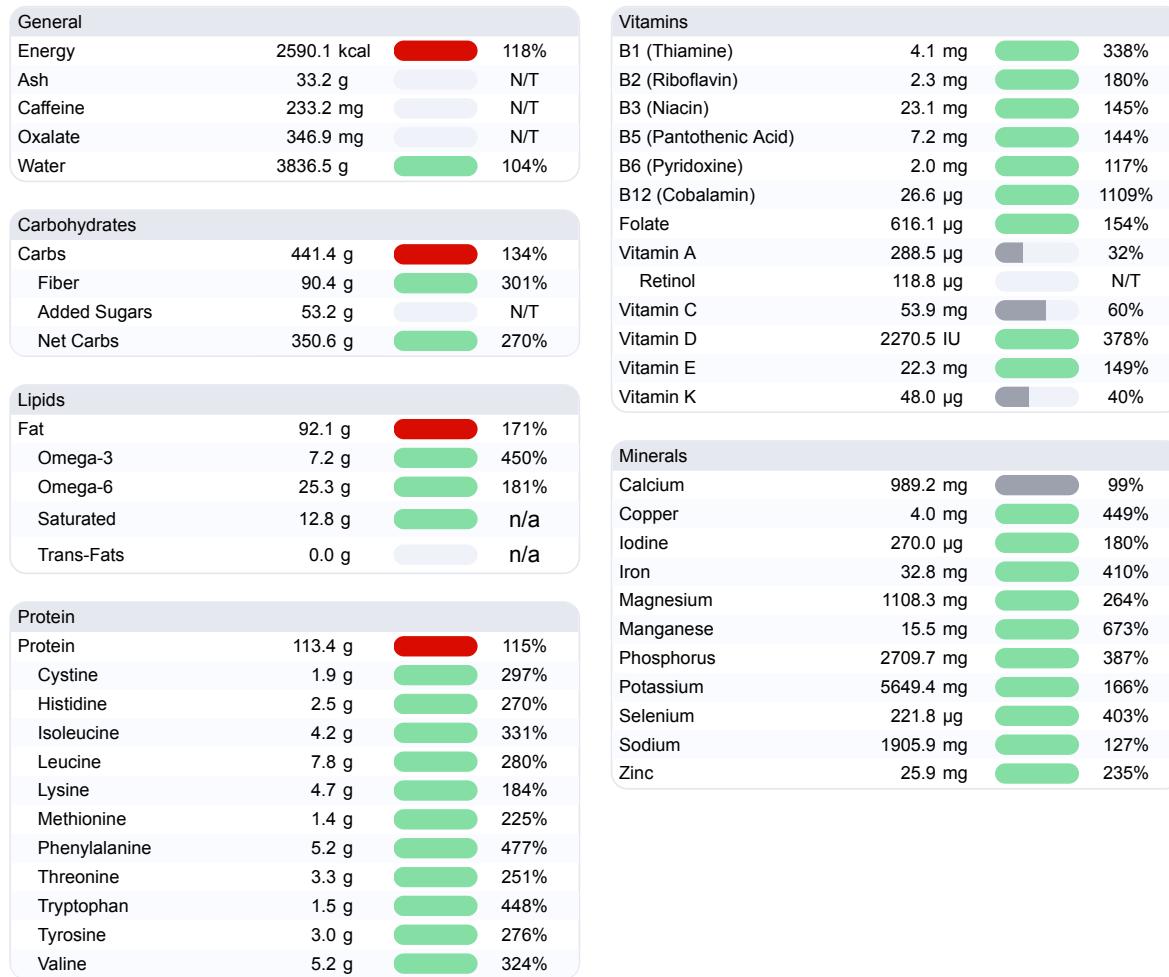
Surplus

Targets

Default Macronutrient Targets

	Default Macronutrient Targets	
Energy	2590 (1753 net) / 2200 kcal	118%
Protein	113.4 / 99.0 g	115%
Carbs	441.4 / 330.0 g	134%
Fat	92.1 / 53.8 g	171%

Nutrients for Tuesday, September 16, 2025



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

Energy Summary



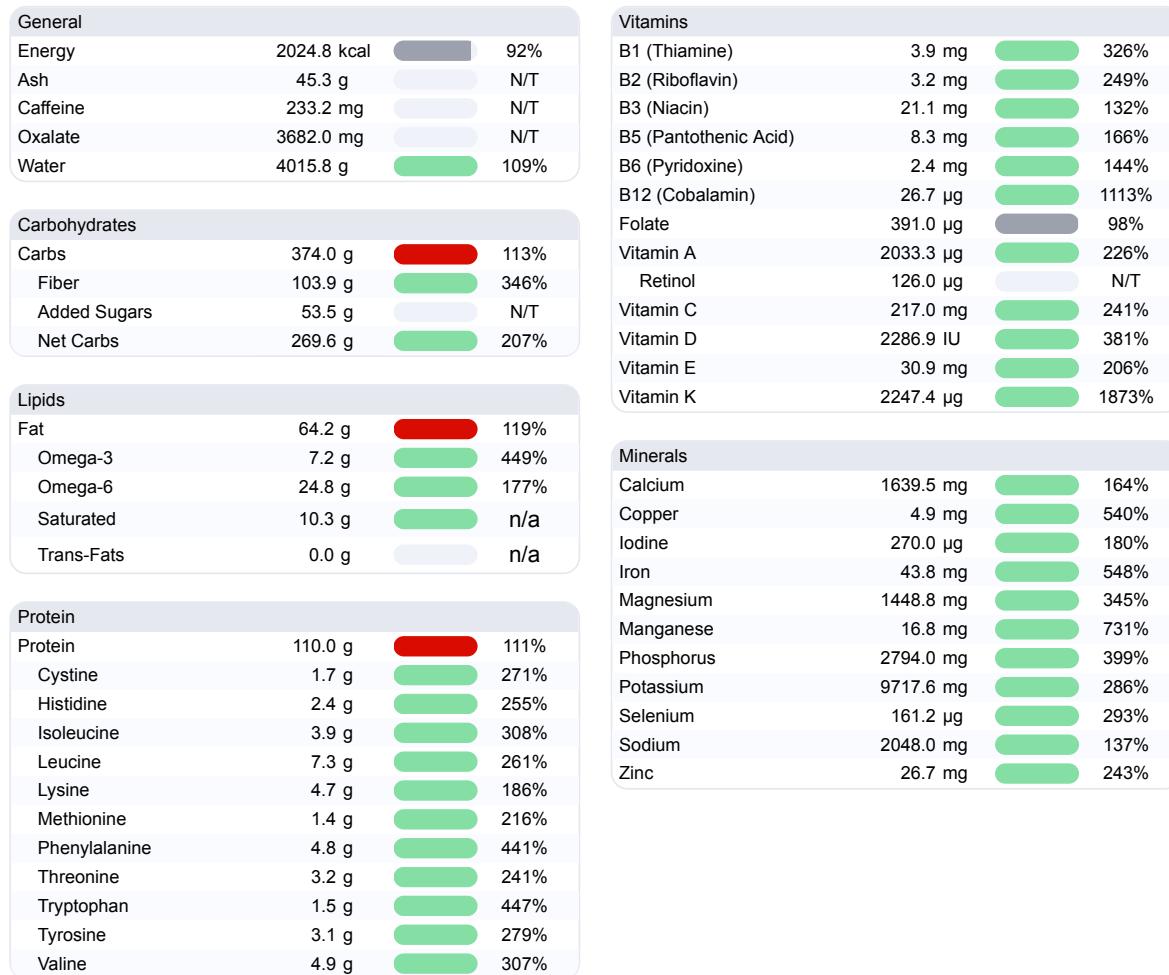
BALANCE ↪



Targets

	Default Macronutrient Targets	
Energy	2025 (1118 net) / 2200 kcal	92%
Protein	110.0 / 99.0 g	111%
Carbs	374.0 / 330.0 g	113%
Fat	64.2 / 53.8 g	119%

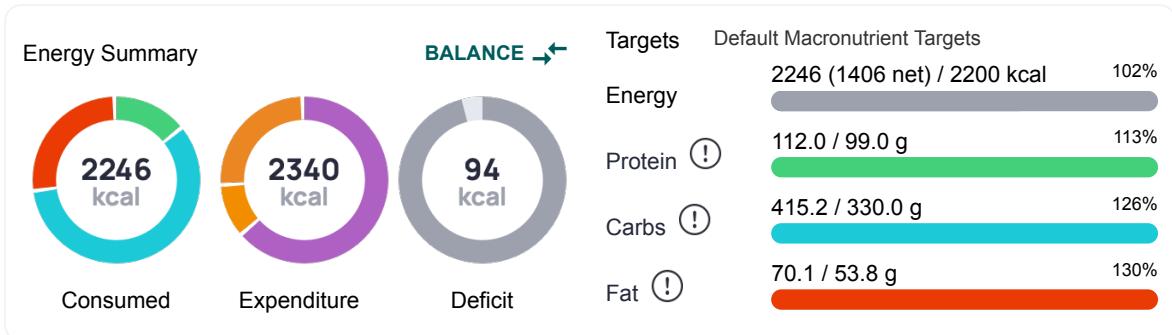
Nutrients for Wednesday, September 17, 2025



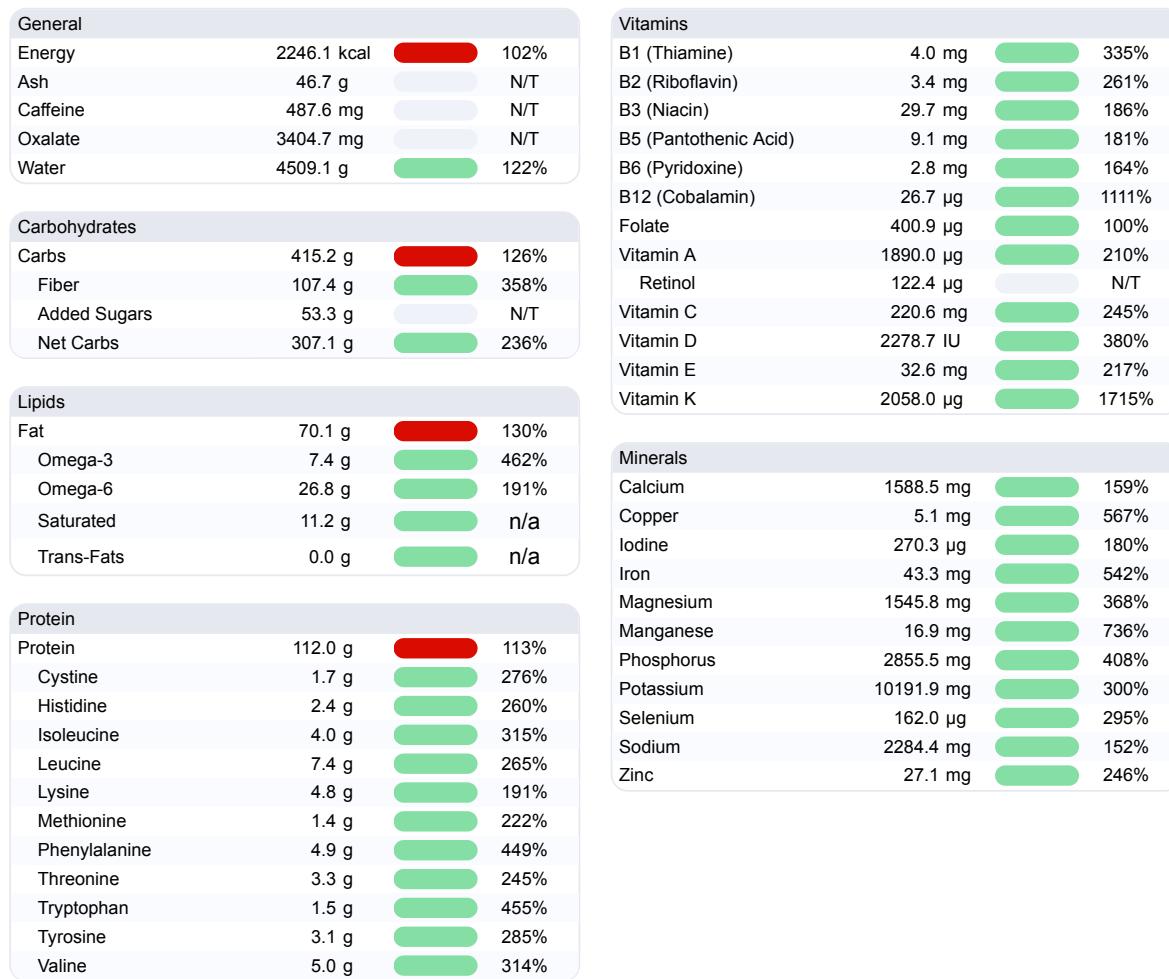
Diary for Thursday, September 18, 2025

	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 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 <small>(Garmin)</small>	Light: 5 hr 27 min, Deep: 1 hr 48 min, REM: 1 hr 15 min	8 hr 30 min
			SHOW MORE



Nutrients for Thursday, September 18, 2025



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

Energy Summary



BALANCE ↪

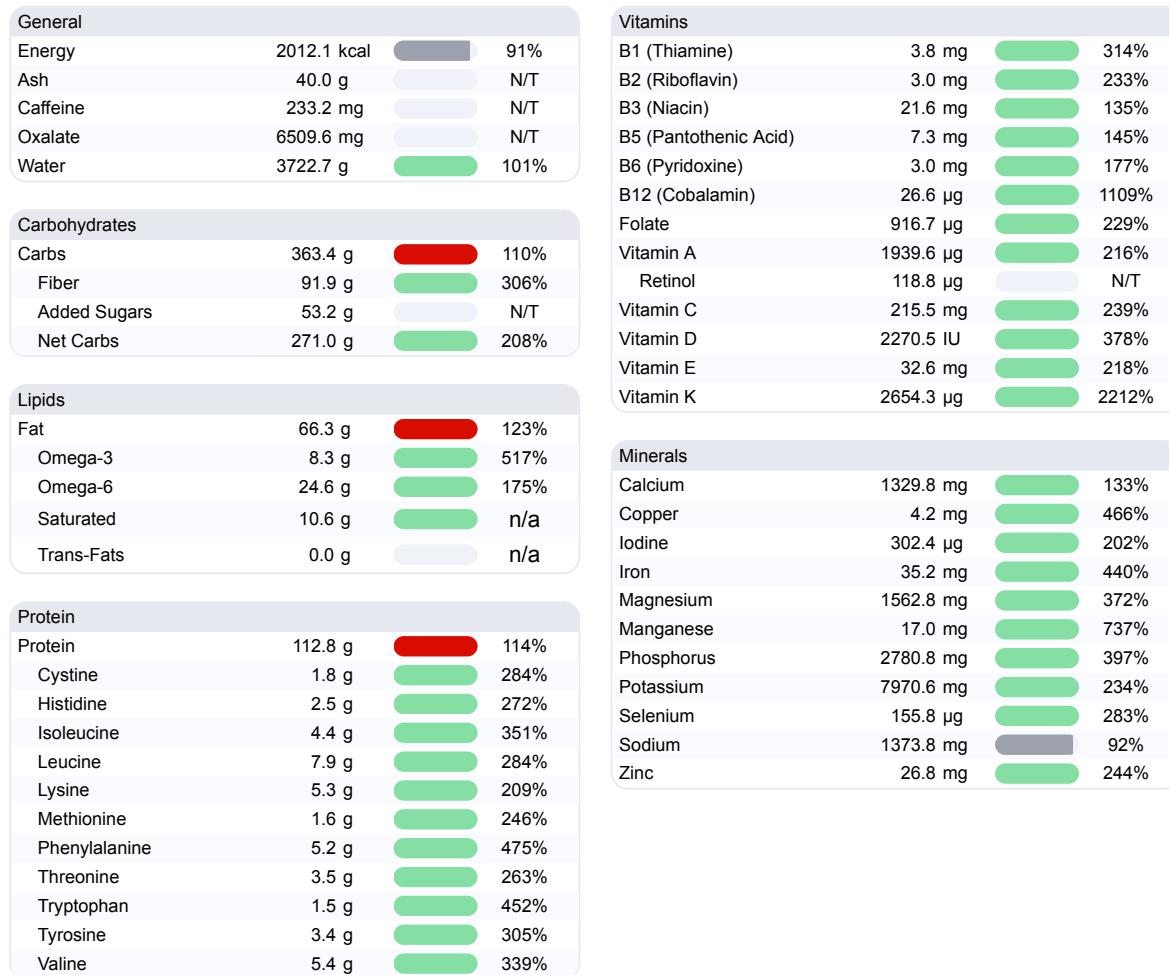


Targets

Default Macronutrient Targets

Energy	2012 (1439 net) / 2200 kcal	91%
Protein	112.8 / 99.0 g	114%
Carbs	363.4 / 330.0 g	110%
Fat	66.3 / 53.8 g	123%

Nutrients for Friday, September 19, 2025



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) min, REM: 55 min

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

7 hr 31 min

[SHOW MORE](#)

Energy Summary



Consumed



Expenditure

BALANCE ↪



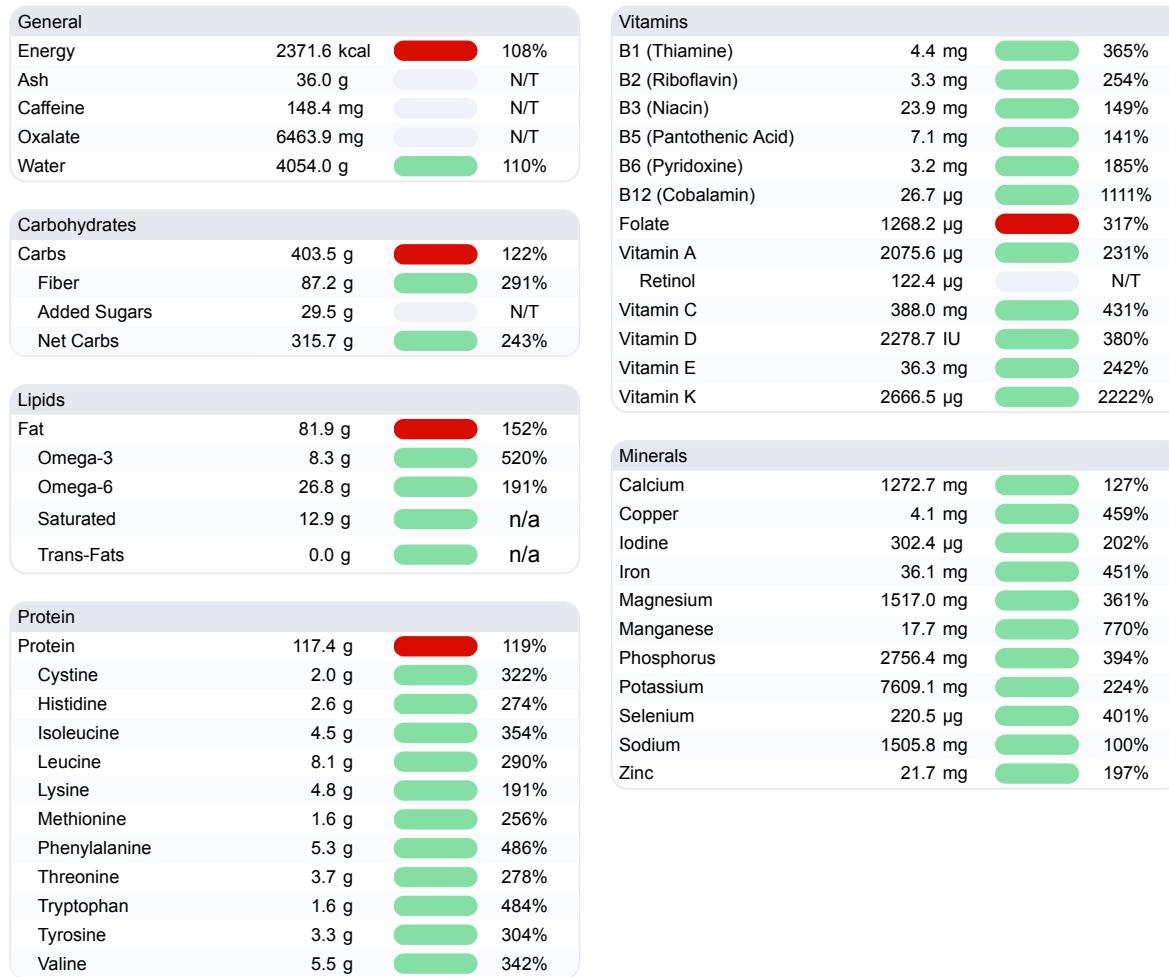
Surplus

Targets

Default Macronutrient Targets

Energy	2372 (1635 net) / 2200 kcal	108%
Protein	117.4 / 99.0 g	119%
Carbs	403.5 / 330.0 g	122%
Fat	81.9 / 53.8 g	152%

Nutrients for Saturday, September 20, 2025



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

Energy Summary



BALANCE ↪



Targets

	Default Macronutrient Targets	
Energy	2101 (1558 net) / 2200 kcal	96%
Protein	100.9 / 99.0 g	102%
Carbs	339.5 / 330.0 g	103%
Fat	83.7 / 53.8 g	156%

Nutrients for Sunday, September 21, 2025

