

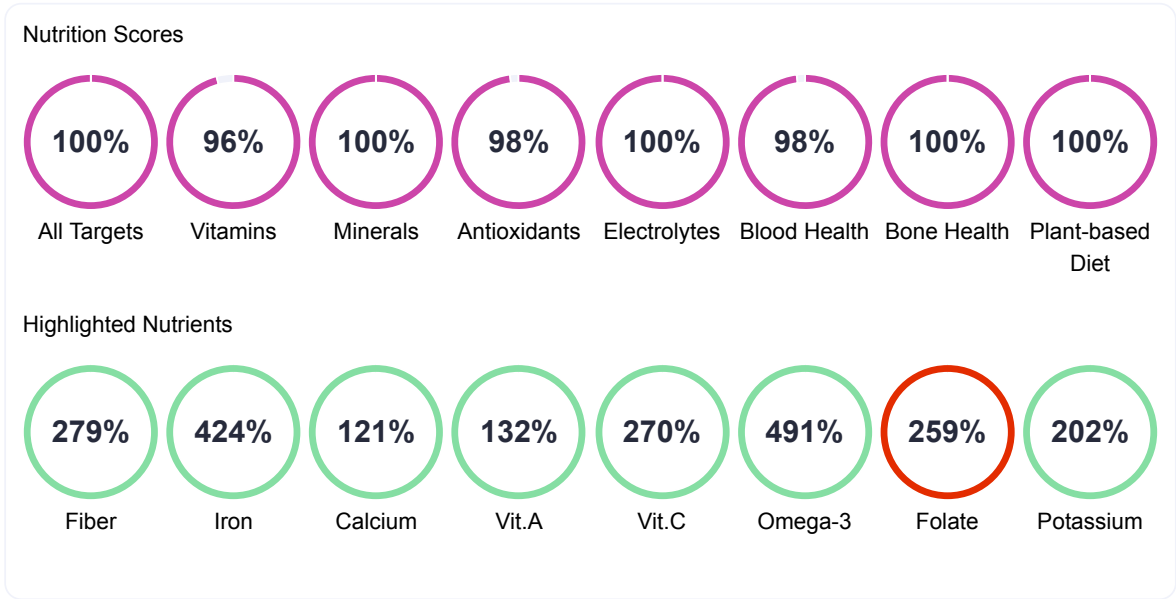
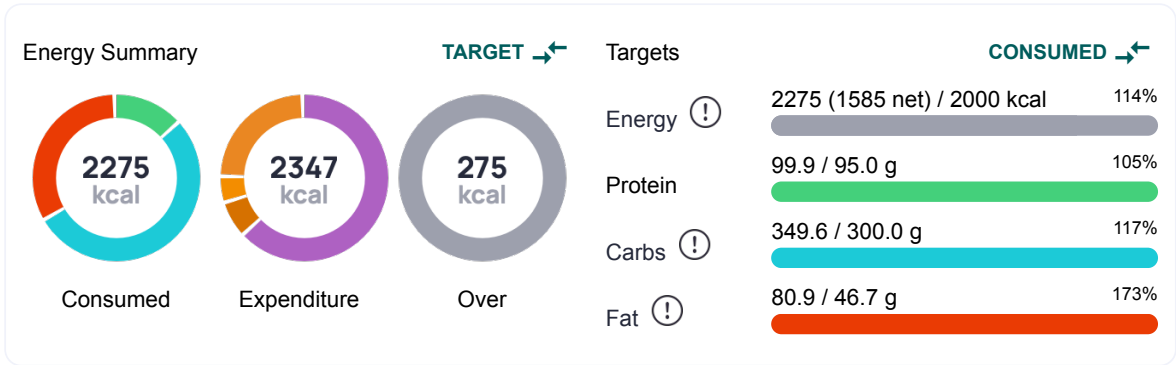


cronometer.com detailed report
September 29, 2025

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



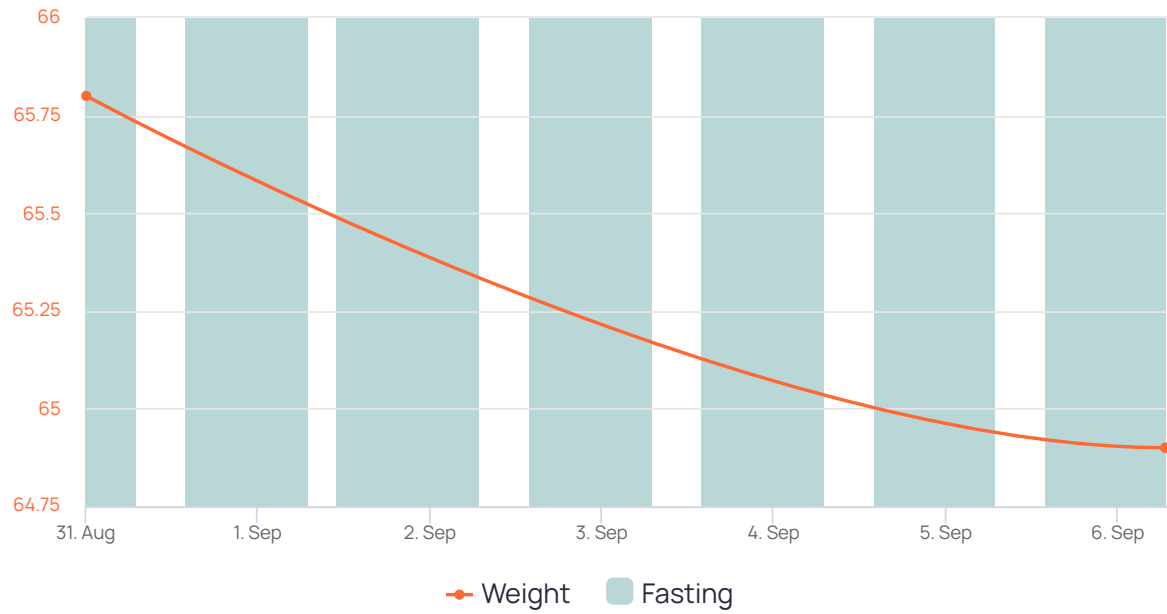
Targets

General			
Energy	2274.5 kcal	<div></div>	114%
Ash	30.9 g	<div></div>	N/T
Caffeine	276.8 mg	<div></div>	N/T
Oxalate	1869.9 mg	<div></div>	N/T
Water	4102.1 g	<div></div>	111%
Carbohydrates			
Carbs	349.6 g	<div></div>	117%
Fiber	83.7 g	<div></div>	279%
Added Sugars	11.8 g	<div></div>	N/T
Net Carbs	347.1 g	<div></div>	267%
Lipids			
Fat	80.9 g	<div></div>	172%
Omega-3	7.9 g	<div></div>	491%
Omega-6	25.4 g	<div></div>	182%
Saturated	12.7 g	<div></div>	n/a
Trans-Fats	0.1 g	<div></div>	n/a
Protein			
Protein	99.9 g	<div></div>	105%
Cystine	2.0 g	<div></div>	316%
Histidine	2.4 g	<div></div>	253%
Isoleucine	3.8 g	<div></div>	298%
Leucine	6.8 g	<div></div>	245%
Lysine	4.5 g	<div></div>	177%
Methionine	1.4 g	<div></div>	222%
Phenylalanine	4.6 g	<div></div>	423%
Threonine	3.2 g	<div></div>	237%
Tryptophan	1.4 g	<div></div>	419%
Tyrosine	3.0 g	<div></div>	273%
Valine	4.6 g	<div></div>	290%
Vitamins			
B1 (Thiamine)	4.2 mg	<div></div>	349%
B2 (Riboflavin)	2.6 mg	<div></div>	203%
B3 (Niacin)	26.7 mg	<div></div>	167%
B5 (Pantothenic Acid)	9.1 mg	<div></div>	182%
B6 (Pyridoxine)	2.4 mg	<div></div>	141%
B12 (Cobalamin)	26.3 µg	<div></div>	1098%
Folate	1036.6 µg	<div></div>	259%
Vitamin A	1196.7 µg	<div></div>	133%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	243.3 mg	<div></div>	270%
Vitamin D	2094.4 IU	<div></div>	349%
Vitamin E	19.7 mg	<div></div>	132%
Vitamin K	1359.2 µg	<div></div>	1133%
Minerals			
Calcium	1211.6 mg	<div></div>	121%
Copper	3.7 mg	<div></div>	412%
Iodine	285.4 µg	<div></div>	190%
Iron	34.0 mg	<div></div>	424%
Magnesium	1210.7 mg	<div></div>	288%
Manganese	17.2 mg	<div></div>	749%
Phosphorus	2695.2 mg	<div></div>	385%
Potassium	6875.8 mg	<div></div>	202%
Selenium	180.8 µg	<div></div>	329%
Sodium	1477.7 mg	<div></div>	99%
Zinc	17.6 mg	<div></div>	160%

Biometric Charts

Weight (kg)

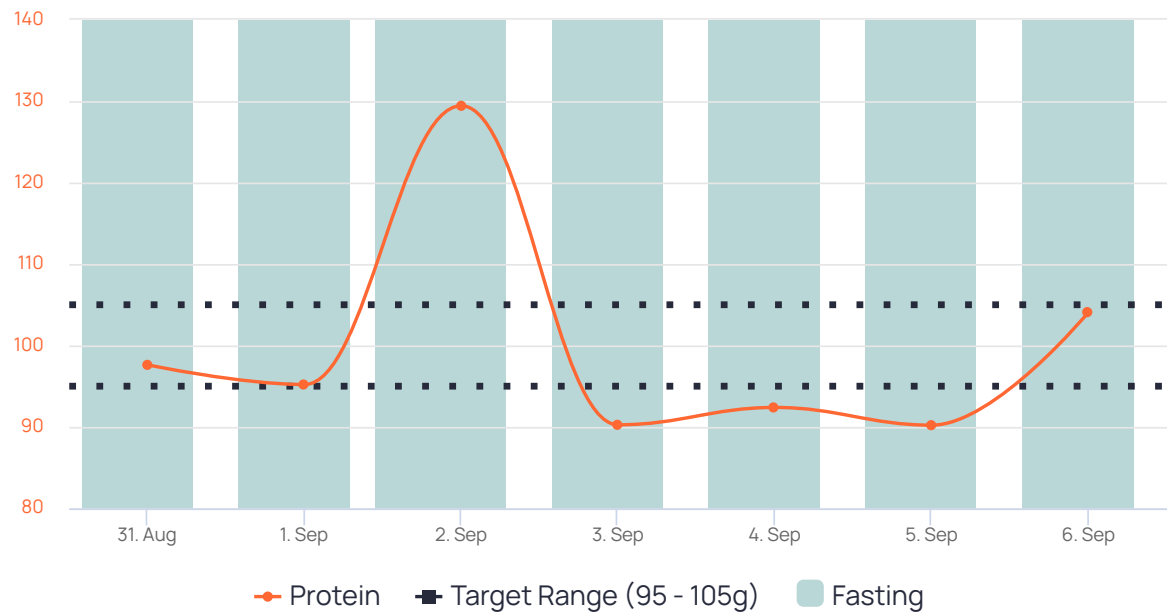
Aug 31, 2025 to Sep 29, 2025



Nutrient Charts

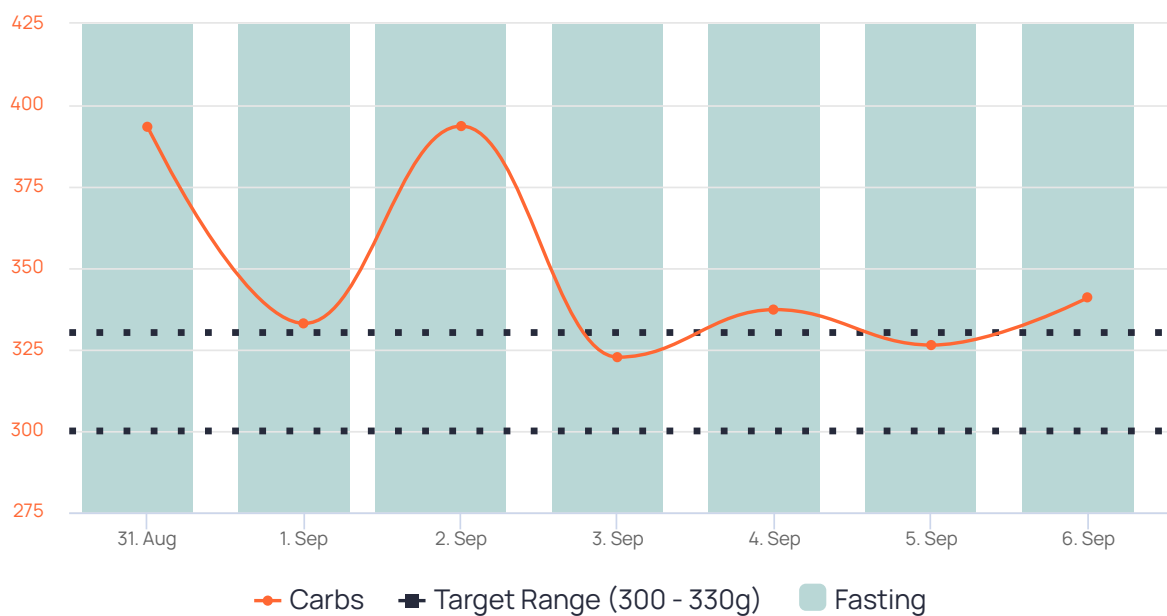
Protein (g)

Aug 31, 2025 to Sep 29, 2025



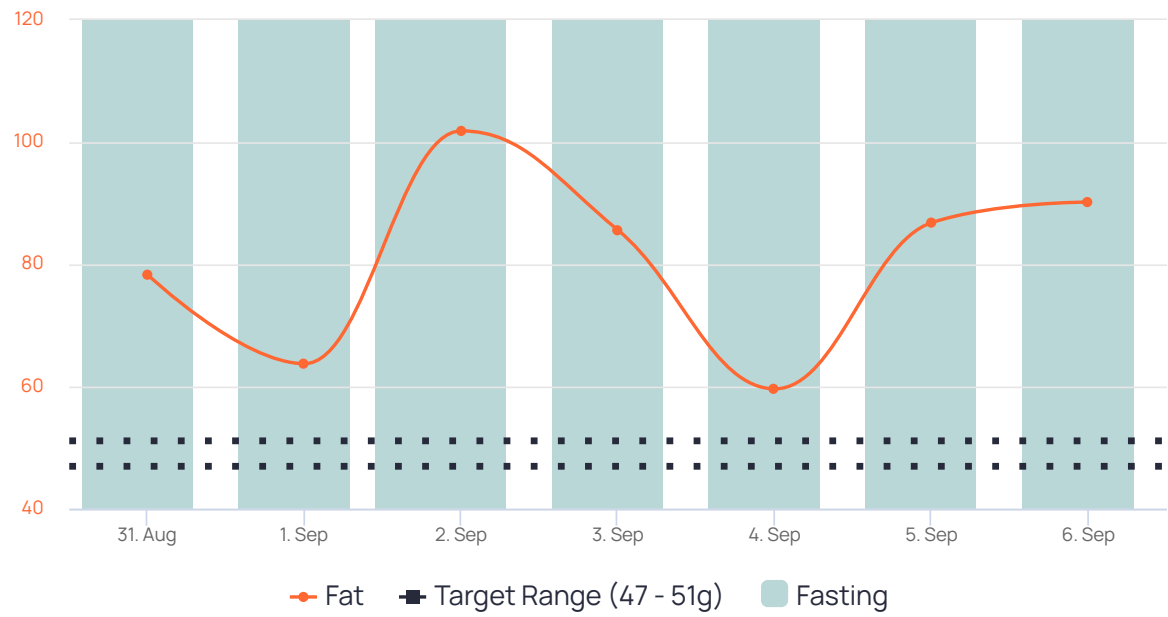
Carbs (Total) (g)

Aug 31, 2025 to Sep 29, 2025



Fat (g)

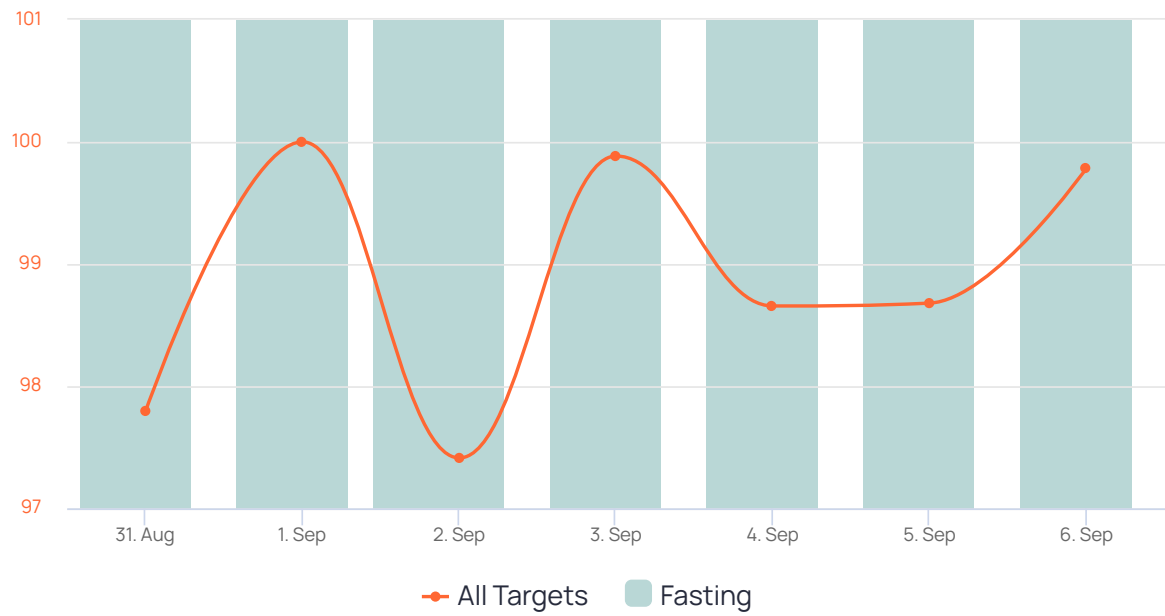
Aug 31, 2025 to Sep 29, 2025



Nutrition Score Charts

All Targets

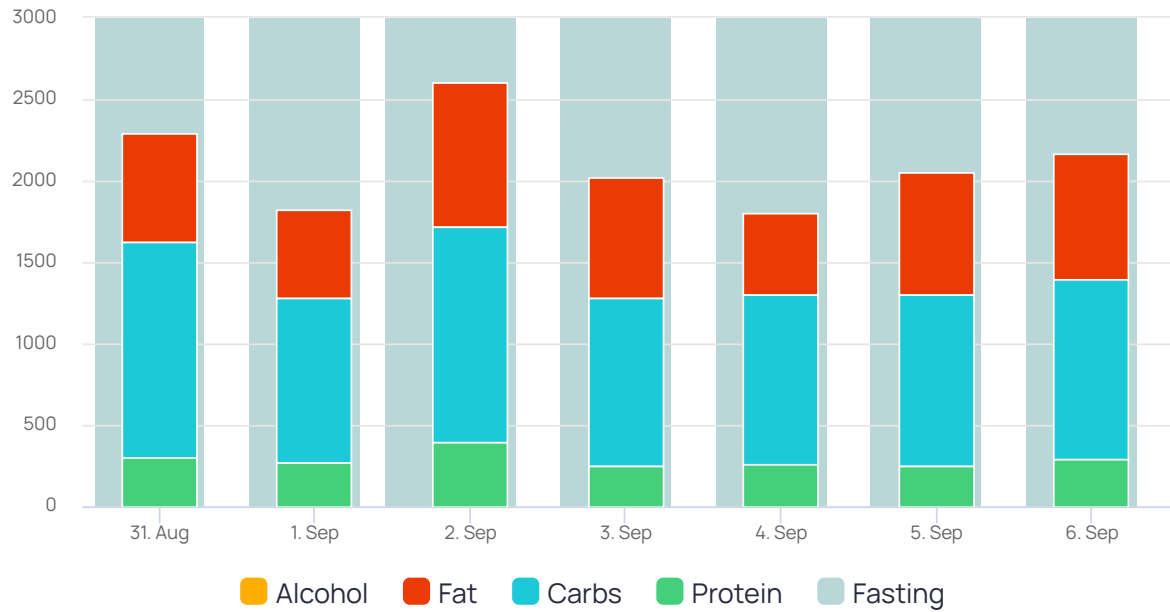
Aug 31, 2025 to Sep 29, 2025








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	-484 kcal	
	 Recovery (Garmin)		91 %		
	 Heart Rate (Garmin)		44 bpm		
	 Sleep Score (Garmin)		92 %		
06:30	 Respiration Rate (Garmin)	Average: 15brpm, Peak: 21brpm	18 brpm		SHOW MORE
06:30	 Heart Rate Variability (HRV) (Garmin)	Average: 35ms, Peak: 80ms	26 ms		SHOW MORE
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	 Focaccine 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 min, REM: 1 hr 45 min (Garmin)	8 hr 8 min	SHOW MORE

Energy Summary

2435 kcal


Consumed

2160 kcal


Expenditure

435 kcal


Over


TARGET 

Targets

Energy 

Protein

Carbs 

Fat 

Default Macronutrient Targets

2435 (1951 net) / 2000 kcal 122%

97.6 / 95.0 g 103%

393.4 / 300.0 g 131%

78.3 / 46.7 g 168%

Nutrients for Sunday, August 31, 2025

General			
Energy	2435.2 kcal	<div><div></div></div>	122%
Ash	20.3 g	<div><div></div></div>	N/T
Caffeine	339.2 mg	<div><div></div></div>	N/T
Oxalate	259.9 mg	<div><div></div></div>	N/T
Water	3763.5 g	<div><div></div></div>	102%

Carbohydrates			
Carbs	393.4 g	<div><div></div></div>	131%
Fiber	69.9 g	<div><div></div></div>	233%
Added Sugars	13.3 g	<div><div></div></div>	N/T
Net Carbs	390.4 g	<div><div></div></div>	300%

Lipids			
Fat	78.3 g	<div><div></div></div>	167%
Omega-3	8.8 g	<div><div></div></div>	548%
Omega-6	29.2 g	<div><div></div></div>	209%
Saturated	12.6 g	<div><div></div></div>	n/a
Trans-Fats	0.2 g	<div><div></div></div>	n/a



Protein			
Protein	97.6 g	<div><div></div></div>	103%
Cystine	2.0 g	<div><div></div></div>	309%
Histidine	2.0 g	<div><div></div></div>	211%
Isoleucine	3.1 g	<div><div></div></div>	248%
Leucine	6.0 g	<div><div></div></div>	215%
Lysine	3.5 g	<div><div></div></div>	137%
Methionine	1.4 g	<div><div></div></div>	216%
Phenylalanine	4.1 g	<div><div></div></div>	373%
Threonine	2.6 g	<div><div></div></div>	196%
Tryptophan	1.4 g	<div><div></div></div>	421%
Tyrosine	2.7 g	<div><div></div></div>	246%
Valine	4.0 g	<div><div></div></div>	250%

Vitamins			
B1 (Thiamine)	4.6 mg	<div><div></div></div>	383%
B2 (Riboflavin)	2.0 mg	<div><div></div></div>	157%
B3 (Niacin)	31.0 mg	<div><div></div></div>	194%
B5 (Pantothenic Acid)	5.7 mg	<div><div></div></div>	114%
B6 (Pyridoxine)	1.7 mg	<div><div></div></div>	98%
B12 (Cobalamin)	26.4 µg	<div><div></div></div>	1101%
Folate	1045.7 µg	<div><div></div></div>	261%
Vitamin A	295.1 µg	<div><div></div></div>	33%
Retinol	197.2 µg	<div><div></div></div>	N/T
Vitamin C	91.6 mg	<div><div></div></div>	102%
Vitamin D	2092.6 IU	<div><div></div></div>	349%
Vitamin E	11.6 mg	<div><div></div></div>	77%
Vitamin K	117.2 µg	<div><div></div></div>	98%

Minerals			
Calcium	1071.5 mg	<div><div></div></div>	107%
Copper	2.4 mg	<div><div></div></div>	266%
Iodine	331.0 µg	<div><div></div></div>	221%
Iron	28.1 mg	<div><div></div></div>	351%
Magnesium	1045.7 mg	<div><div></div></div>	249%
Manganese	15.4 mg	<div><div></div></div>	669%
Phosphorus	2506.0 mg	<div><div></div></div>	358%
Potassium	3795.0 mg	<div><div></div></div>	112%
Selenium	205.1 µg	<div><div></div></div>	373%
Sodium	2480.7 mg	<div><div></div></div>	165%
Zinc	13.4 mg	<div><div></div></div>	122%

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 -610 kcal
	 Recovery (Garmin)		81 %
	 Heart Rate (Garmin)		49 bpm
	 Sleep Score (Garmin)		83 %
06:30	 Respiration Rate (Garmin)	Average: 15brpm, Peak: 21brpm	15 brpm SHOW MORE
06:30	 Heart Rate Variability (HRV) (Garmin)	Average: 32ms, Peak: 74ms	22 ms SHOW MORE
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 -197.69 kcal
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

18:32		Leave Office to go Home		
22:41		Sleep Light: 4 hr 50 min, Deep: 1 hr 27 (Garmin) min, REM: 1 hr 13 min	7 hr 30 min	SHOW MORE

Energy Summary

2007

kcal

Consumed

2451


kcal

Expenditure

7

kcal


Over


TARGET 

Targets

Energy

Protein

Carbs 

Fat 

Default Macronutrient Targets

2007 (1199 net) / 2000 kcal

100%

95.2 / 95.0 g

100%

333.0 / 300.0 g

111%

63.7 / 46.7 g

137%

Nutrients for Monday, September 1, 2025

General			
Energy	2006.6 kcal	<div></div>	100%
Ash	34.6 g	<div></div>	N/T
Caffeine	271.4 mg	<div></div>	N/T
Oxalate	407.6 mg	<div></div>	N/T
Water	3779.3 g	<div></div>	102%

Carbohydrates			
Carbs	333.0 g	<div></div>	111%
Fiber	93.3 g	<div></div>	311%
Added Sugars	31.8 g	<div></div>	N/T
Net Carbs	329.6 g	<div></div>	254%

Lipids			
Fat	63.7 g	<div></div>	136%
Omega-3	8.7 g	<div></div>	546%
Omega-6	23.1 g	<div></div>	165%
Saturated	10.1 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	n/a



Protein			
Protein	95.2 g	<div></div>	100%
Cystine	1.8 g	<div></div>	291%
Histidine	2.8 g	<div></div>	297%
Isoleucine	4.0 g	<div></div>	316%
Leucine	6.9 g	<div></div>	247%
Lysine	4.8 g	<div></div>	188%
Methionine	1.3 g	<div></div>	208%
Phenylalanine	4.7 g	<div></div>	432%
Threonine	3.1 g	<div></div>	236%
Tryptophan	1.3 g	<div></div>	399%
Tyrosine	3.0 g	<div></div>	276%
Valine	4.7 g	<div></div>	295%

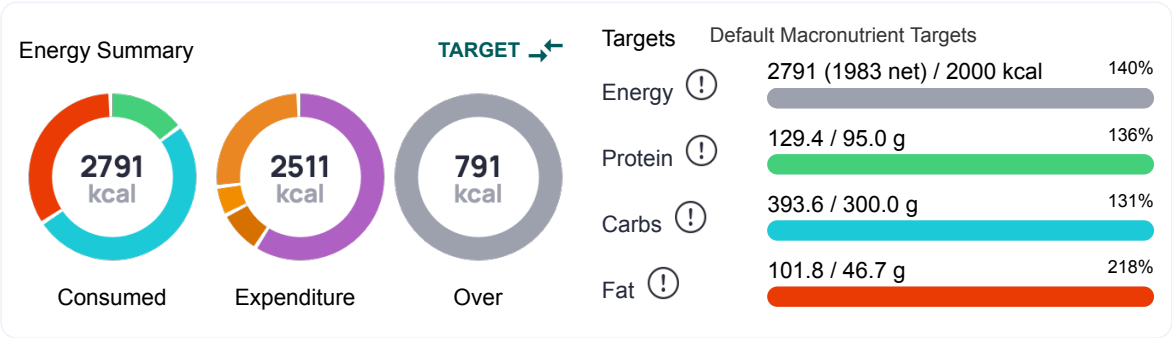
Vitamins			
B1 (Thiamine)	3.8 mg	<div></div>	316%
B2 (Riboflavin)	3.2 mg	<div></div>	245%
B3 (Niacin)	23.2 mg	<div></div>	145%
B5 (Pantothenic Acid)	8.1 mg	<div></div>	162%
B6 (Pyridoxine)	2.5 mg	<div></div>	145%
B12 (Cobalamin)	26.3 µg	<div></div>	1097%
Folate	596.5 µg	<div></div>	149%
Vitamin A	1432.1 µg	<div></div>	159%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	475.4 mg	<div></div>	528%
Vitamin D	2092.6 IU	<div></div>	349%
Vitamin E	15.1 mg	<div></div>	101%
Vitamin K	1799.9 µg	<div></div>	1500%

Minerals			
Calcium	1949.4 mg	<div></div>	195%
Copper	3.4 mg	<div></div>	374%
Iodine	270.3 µg	<div></div>	180%
Iron	33.2 mg	<div></div>	415%
Magnesium	1150.0 mg	<div></div>	274%
Manganese	18.6 mg	<div></div>	810%
Phosphorus	2641.0 mg	<div></div>	377%
Potassium	6615.5 mg	<div></div>	195%
Selenium	147.5 µg	<div></div>	268%
Sodium	1826.8 mg	<div></div>	122%
Zinc	21.2 mg	<div></div>	192%

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	-665 kcal	
	 Recovery (Garmin)		79 %		
	 Heart Rate (Garmin)		48 bpm		
	 Sleep Score (Garmin)		85 %		
06:30	 Respiration Rate (Garmin)	Average: 14brpm, Peak: 22brpm	19 brpm	SHOW MORE	
06:30	 Heart Rate Variability (HRV) (Garmin)	Average: 37ms, Peak: 82ms	27 ms	SHOW MORE	
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 cup, whole pieces	689.03 kcal	
13:00	 Extra Virgin Olive Oil		3 tbsp	358.02 kcal	
13:00	 Broccoli, Cooked from Frozen		1 cup, 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			SHOW MORE
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

General			
Energy	2790.8 kcal	<div></div>	140%
Ash	28.6 g	<div></div>	N/T
Caffeine	271.4 mg	<div></div>	N/T
Oxalate	291.5 mg	<div></div>	N/T
Water	4423.9 g	<div></div>	120%

Carbohydrates			
Carbs	393.6 g	<div></div>	131%
Fiber	97.0 g	<div></div>	323%
Added Sugars	5.5 g	<div></div>	N/T
Net Carbs	391.6 g	<div></div>	301%

Lipids			
Fat	101.8 g	<div></div>	217%
Omega-3	7.5 g	<div></div>	472%
Omega-6	27.8 g	<div></div>	199%
Saturated	15.6 g	<div></div>	n/a
Trans-Fats	0.1 g	<div></div>	n/a

Protein			
Protein	129.4 g	<div></div>	136%
Cystine	2.4 g	<div></div>	386%
Histidine	3.2 g	<div></div>	348%
Isoleucine	5.1 g	<div></div>	401%
Leucine	9.0 g	<div></div>	322%
Lysine	7.0 g	<div></div>	276%
Methionine	1.7 g	<div></div>	262%
Phenylalanine	6.2 g	<div></div>	563%
Threonine	4.2 g	<div></div>	319%
Tryptophan	1.6 g	<div></div>	482%
Tyrosine	3.9 g	<div></div>	352%
Valine	6.1 g	<div></div>	385%

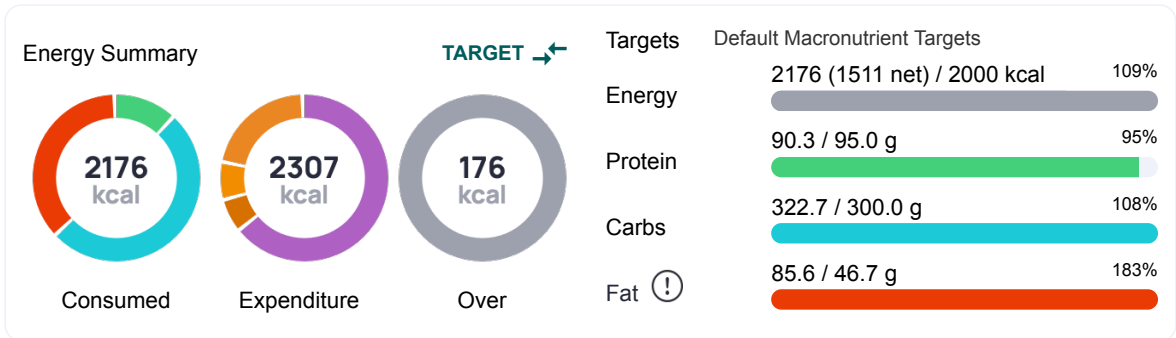
Vitamins			
B1 (Thiamine)	4.5 mg	<div></div>	375%
B2 (Riboflavin)	2.2 mg	<div></div>	172%
B3 (Niacin)	28.7 mg	<div></div>	180%
B5 (Pantothenic Acid)	10.3 mg	<div></div>	206%
B6 (Pyridoxine)	2.7 mg	<div></div>	159%
B12 (Cobalamin)	26.3 µg	<div></div>	1097%
Folate	1570.9 µg	<div></div>	393%
Vitamin A	399.4 µg	<div></div>	44%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	105.0 mg	<div></div>	117%
Vitamin D	2092.6 IU	<div></div>	349%
Vitamin E	20.1 mg	<div></div>	134%
Vitamin K	163.8 µg	<div></div>	136%

Minerals			
Calcium	958.5 mg	<div></div>	96%
Copper	4.2 mg	<div></div>	470%
Iodine	271.1 µg	<div></div>	181%
Iron	45.6 mg	<div></div>	570%
Magnesium	1147.9 mg	<div></div>	273%
Manganese	17.8 mg	<div></div>	773%
Phosphorus	3323.5 mg	<div></div>	475%
Potassium	6712.5 mg	<div></div>	197%
Selenium	162.9 µg	<div></div>	296%
Sodium	728.0 mg	<div></div>	49%
Zinc	19.0 mg	<div></div>	173%

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	-496 kcal
	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	SHOW MORE
06:19	Respiration Rate (Garmin)	Average: 17brpm, Peak: 23brpm	14 brpm	SHOW MORE
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	-168.73 kcal

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 SHOW MORE



Nutrients for Wednesday, September 3, 2025

General			
Energy	2175.5 kcal	<div></div>	109%
Ash	34.6 g	<div></div>	N/T
Caffeine	271.4 mg	<div></div>	N/T
Oxalate	3301.6 mg	<div></div>	N/T
Water	4269.8 g	<div></div>	115%

Carbohydrates			
Carbs	322.7 g	<div></div>	108%
Fiber	80.5 g	<div></div>	268%
Added Sugars	0.0 g	<div></div>	N/T
Net Carbs	321.5 g	<div></div>	247%

Lipids			
Fat	85.6 g	<div></div>	182%
Omega-3	7.1 g	<div></div>	443%
Omega-6	24.9 g	<div></div>	178%
Saturated	13.2 g	<div></div>	n/a
Trans-Fats	0.1 g	<div></div>	n/a

Protein			
Protein	90.3 g	<div></div>	95%
Cystine	1.9 g	<div></div>	305%
Histidine	2.0 g	<div></div>	213%
Isoleucine	3.1 g	<div></div>	246%
Leucine	5.9 g	<div></div>	211%
Lysine	3.6 g	<div></div>	141%
Methionine	1.3 g	<div></div>	203%
Phenylalanine	4.0 g	<div></div>	366%
Threonine	2.8 g	<div></div>	211%
Tryptophan	1.4 g	<div></div>	412%
Tyrosine	2.7 g	<div></div>	244%
Valine	4.0 g	<div></div>	248%

Vitamins			
B1 (Thiamine)	4.1 mg	<div></div>	344%
B2 (Riboflavin)	2.9 mg	<div></div>	223%
B3 (Niacin)	25.5 mg	<div></div>	159%
B5 (Pantothenic Acid)	7.9 mg	<div></div>	158%
B6 (Pyridoxine)	2.5 mg	<div></div>	149%
B12 (Cobalamin)	26.3 µg	<div></div>	1097%
Folate	618.6 µg	<div></div>	155%
Vitamin A	2098.1 µg	<div></div>	233%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	388.8 mg	<div></div>	432%
Vitamin D	2092.6 IU	<div></div>	349%
Vitamin E	26.3 mg	<div></div>	175%
Vitamin K	2067.8 µg	<div></div>	1723%

Minerals			
Calcium	1285.5 mg	<div></div>	129%
Copper	4.1 mg	<div></div>	451%
Iodine	271.2 µg	<div></div>	181%
Iron	37.9 mg	<div></div>	474%
Magnesium	1320.9 mg	<div></div>	314%
Manganese	17.0 mg	<div></div>	739%
Phosphorus	2502.2 mg	<div></div>	357%
Potassium	8781.6 mg	<div></div>	258%
Selenium	181.6 µg	<div></div>	330%
Sodium	1612.6 mg	<div></div>	108%
Zinc	14.0 mg	<div></div>	127%

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	SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 17brpm, Peak: 24brpm	15 brpm	SHOW MORE
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](#)

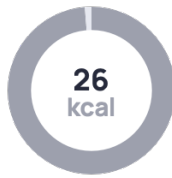
Energy Summary



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%

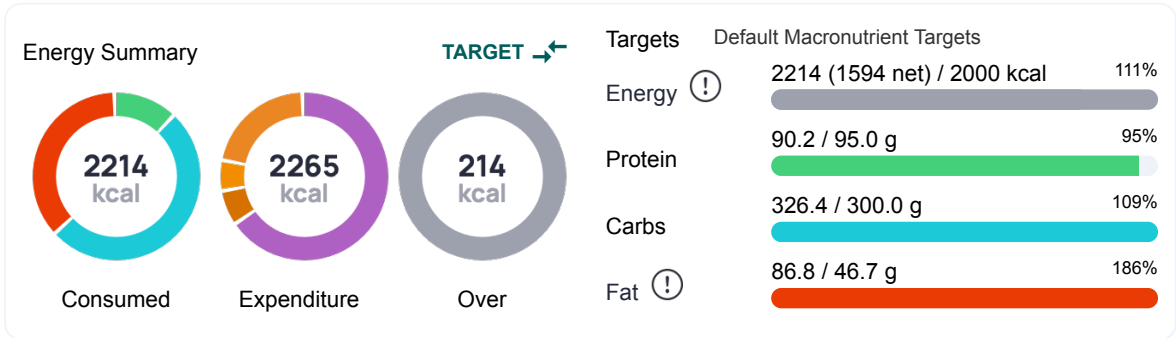
Nutrients for Thursday, September 4, 2025

General				
Energy	1974.3 kcal	<div></div>		99%
Ash	33.4 g	<div></div>		N/T
Caffeine	254.4 mg	<div></div>		N/T
Oxalate	326.0 mg	<div></div>		N/T
Water	4315.4 g	<div></div>		117%
Carbohydrates				
Carbs	337.3 g	<div></div>		112%
Fiber	86.7 g	<div></div>		289%
Added Sugars	31.8 g	<div></div>		N/T
Net Carbs	334.6 g	<div></div>		257%
Lipids				
Fat	59.6 g	<div></div>		127%
Omega-3	7.1 g	<div></div>		444%
Omega-6	22.5 g	<div></div>		161%
Saturated	10.0 g	<div></div>		n/a
Trans-Fats	0.0 g	<div></div>		n/a
Protein				
Protein	92.4 g	<div></div>		97%
Cystine	1.8 g	<div></div>		278%
Histidine	2.2 g	<div></div>		231%
Isoleucine	3.5 g	<div></div>		278%
Leucine	6.4 g	<div></div>		229%
Lysine	4.4 g	<div></div>		175%
Methionine	1.3 g	<div></div>		204%
Phenylalanine	4.4 g	<div></div>		397%
Threonine	2.8 g	<div></div>		212%
Tryptophan	1.3 g	<div></div>		380%
Tyrosine	2.8 g	<div></div>		251%
Valine	4.3 g	<div></div>		270%
Vitamins				
B1 (Thiamine)	3.7 mg	<div></div>		305%
B2 (Riboflavin)	2.1 mg	<div></div>		158%
B3 (Niacin)	21.1 mg	<div></div>		132%
B5 (Pantothenic Acid)	10.1 mg	<div></div>		202%
B6 (Pyridoxine)	2.3 mg	<div></div>		133%
B12 (Cobalamin)	26.3 µg	<div></div>		1097%
Folate	411.8 µg	<div></div>		103%
Vitamin A	463.3 µg	<div></div>		51%
Retinol	197.2 µg	<div></div>		N/T
Vitamin C	98.1 mg	<div></div>		109%
Vitamin D	2092.6 IU	<div></div>		349%
Vitamin E	14.2 mg	<div></div>		95%
Vitamin K	360.0 µg	<div></div>		300%
Minerals				
Calcium	1014.3 mg	<div></div>		101%
Copper	4.1 mg	<div></div>		453%
Iodine	271.0 µg	<div></div>		181%
Iron	26.4 mg	<div></div>		330%
Magnesium	1138.3 mg	<div></div>		271%
Manganese	15.7 mg	<div></div>		682%
Phosphorus	2721.7 mg	<div></div>		389%
Potassium	7524.2 mg	<div></div>		221%
Selenium	147.7 µg	<div></div>		268%
Sodium	1609.9 mg	<div></div>		107%
Zinc	22.4 mg	<div></div>		204%

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 -486 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 SHOW MORE
06:30	 Respiration Rate (Garmin)	Average: 15brpm, Peak: 20brpm	15 brpm SHOW MORE
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
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 peaches: 960g total!		
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		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		SHOW MORE



Nutrients for Friday, September 5, 2025

General			
Energy	2213.6 kcal	<div></div>	111%
Ash	31.6 g	<div></div>	N/T
Caffeine	254.4 mg	<div></div>	N/T
Oxalate	243.4 mg	<div></div>	N/T
Water	4179.9 g	<div></div>	113%

Carbohydrates			
Carbs	326.4 g	<div></div>	109%
Fiber	81.4 g	<div></div>	271%
Added Sugars	0.0 g	<div></div>	N/T
Net Carbs	325.0 g	<div></div>	250%




















Lipids			
Fat	86.8 g	<div></div>	185%
Omega-3	7.2 g	<div></div>	448%
Omega-6	25.2 g	<div></div>	180%
Saturated	13.5 g	<div></div>	n/a
Trans-Fats	0.1 g	<div></div>	n/a











Protein			
Protein	90.2 g	<div></div>	95%
Cystine	2.0 g	<div></div>	309%
Histidine	2.0 g	<div></div>	217%
Isoleucine	3.5 g	<div></div>	273%
Leucine	6.3 g	<div></div>	225%
Lysine	3.6 g	<div></div>	144%
Methionine	1.3 g	<div></div>	206%
Phenylalanine	4.2 g	<div></div>	385%
Threonine	2.9 g	<div></div>	218%
Tryptophan	1.3 g	<div></div>	380%
Tyrosine	2.7 g	<div></div>	246%
Valine	4.1 g	<div></div>	260%

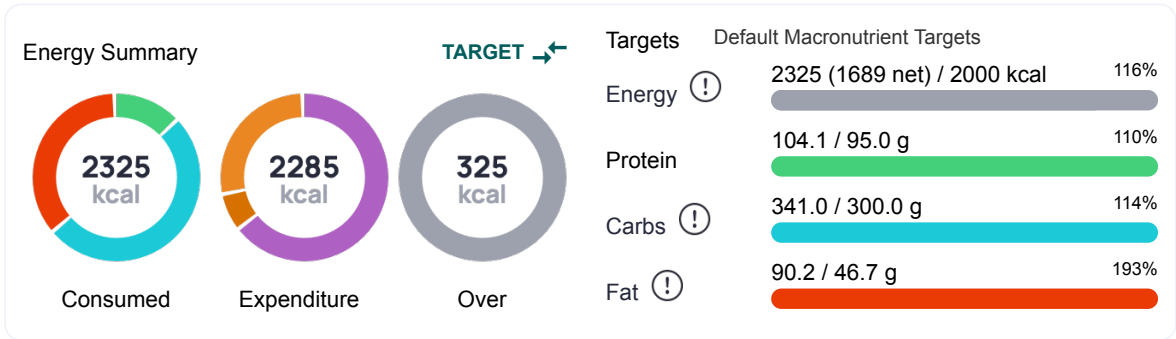
Vitamins			
B1 (Thiamine)	4.3 mg	<div></div>	355%
B2 (Riboflavin)	2.4 mg	<div></div>	182%
B3 (Niacin)	25.7 mg	<div></div>	160%
B5 (Pantothenic Acid)	12.1 mg	<div></div>	241%
B6 (Pyridoxine)	1.9 mg	<div></div>	112%
B12 (Cobalamin)	26.3 µg	<div></div>	1097%
Folate	1555.8 µg	<div></div>	389%
Vitamin A	1219.1 µg	<div></div>	135%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	273.0 mg	<div></div>	303%
Vitamin D	2092.6 IU	<div></div>	349%
Vitamin E	21.6 mg	<div></div>	144%
Vitamin K	1566.9 µg	<div></div>	1306%

Minerals			
Calcium	1035.3 mg	<div></div>	104%
Copper	3.6 mg	<div></div>	405%
Iodine	270.9 µg	<div></div>	181%
Iron	31.2 mg	<div></div>	390%
Magnesium	1055.5 mg	<div></div>	251%
Manganese	17.9 mg	<div></div>	777%
Phosphorus	2483.1 mg	<div></div>	355%
Potassium	6691.6 mg	<div></div>	197%
Selenium	199.3 µg	<div></div>	362%
Sodium	724.3 mg	<div></div>	48%
Zinc	17.3 mg	<div></div>	158%

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		SHOW MORE
06:30		Heart Rate Variability (HRV) (Garmin)	Average: 27ms, Peak: 49ms	35	ms		SHOW MORE
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		Borraccia da 1,2 litri				
19:10		Water	1200	mL	0	kcal
22:24		Sleep (Garmin)	Light: 4 hr 30 min, Deep: 1 hr 27 min, REM: 1 hr 57 min			7 hr 54 min
						SHOW MORE



Nutrients for Saturday, September 6, 2025

General			
Energy	2325.5 kcal	<div></div>	116%
Ash	32.9 g	<div></div>	N/T
Caffeine	275.6 mg	<div></div>	N/T
Oxalate	8259.0 mg	<div></div>	N/T
Water	3982.7 g	<div></div>	108%

Carbohydrates			
Carbs	341.0 g	<div></div>	114%
Fiber	77.2 g	<div></div>	257%
Added Sugars	0.0 g	<div></div>	N/T
Net Carbs	336.9 g	<div></div>	259%

Lipids			
Fat	90.2 g	<div></div>	192%
Omega-3	8.6 g	<div></div>	536%
Omega-6	25.4 g	<div></div>	181%
Saturated	14.0 g	<div></div>	n/a
Trans-Fats	0.1 g	<div></div>	n/a

Protein			
Protein	104.1 g	<div></div>	110%
Cystine	2.1 g	<div></div>	336%
Histidine	2.4 g	<div></div>	255%
Isoleucine	4.1 g	<div></div>	324%
Leucine	7.4 g	<div></div>	264%
Lysine	4.5 g	<div></div>	179%
Methionine	1.6 g	<div></div>	253%
Phenylalanine	4.9 g	<div></div>	445%
Threonine	3.5 g	<div></div>	266%
Tryptophan	1.5 g	<div></div>	459%
Tyrosine	3.2 g	<div></div>	294%
Valine	5.1 g	<div></div>	321%

Vitamins			
B1 (Thiamine)	4.4 mg	<div></div>	364%
B2 (Riboflavin)	3.7 mg	<div></div>	283%
B3 (Niacin)	31.8 mg	<div></div>	199%
B5 (Pantothenic Acid)	9.7 mg	<div></div>	194%
B6 (Pyridoxine)	3.2 mg	<div></div>	190%
B12 (Cobalamin)	26.3 µg	<div></div>	1097%
Folate	1457.0 µg	<div></div>	364%
Vitamin A	2469.8 µg	<div></div>	274%
Retinol	197.2 µg	<div></div>	N/T
Vitamin C	271.2 mg	<div></div>	301%
Vitamin D	2105.1 IU	<div></div>	351%
Vitamin E	29.3 mg	<div></div>	195%
Vitamin K	3438.9 µg	<div></div>	2866%

Minerals			
Calcium	1167.1 mg	<div></div>	117%
Copper	4.2 mg	<div></div>	464%
Iodine	312.3 µg	<div></div>	208%
Iron	35.2 mg	<div></div>	440%
Magnesium	1616.3 mg	<div></div>	385%
Manganese	18.2 mg	<div></div>	790%
Phosphorus	2688.9 mg	<div></div>	384%
Potassium	8009.9 mg	<div></div>	236%
Selenium	221.2 µg	<div></div>	402%
Sodium	1361.8 mg	<div></div>	91%
Zinc	16.1 mg	<div></div>	146%

