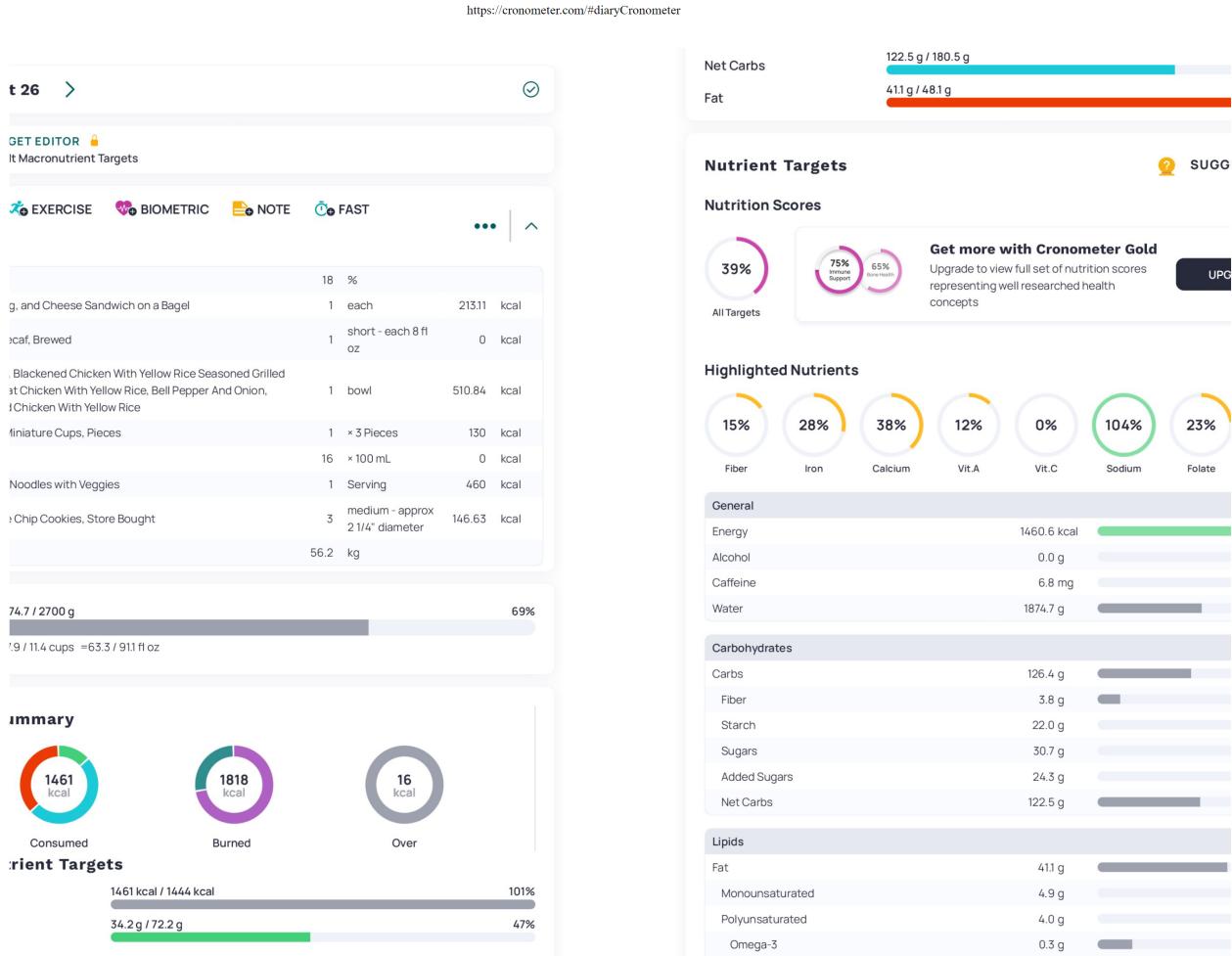
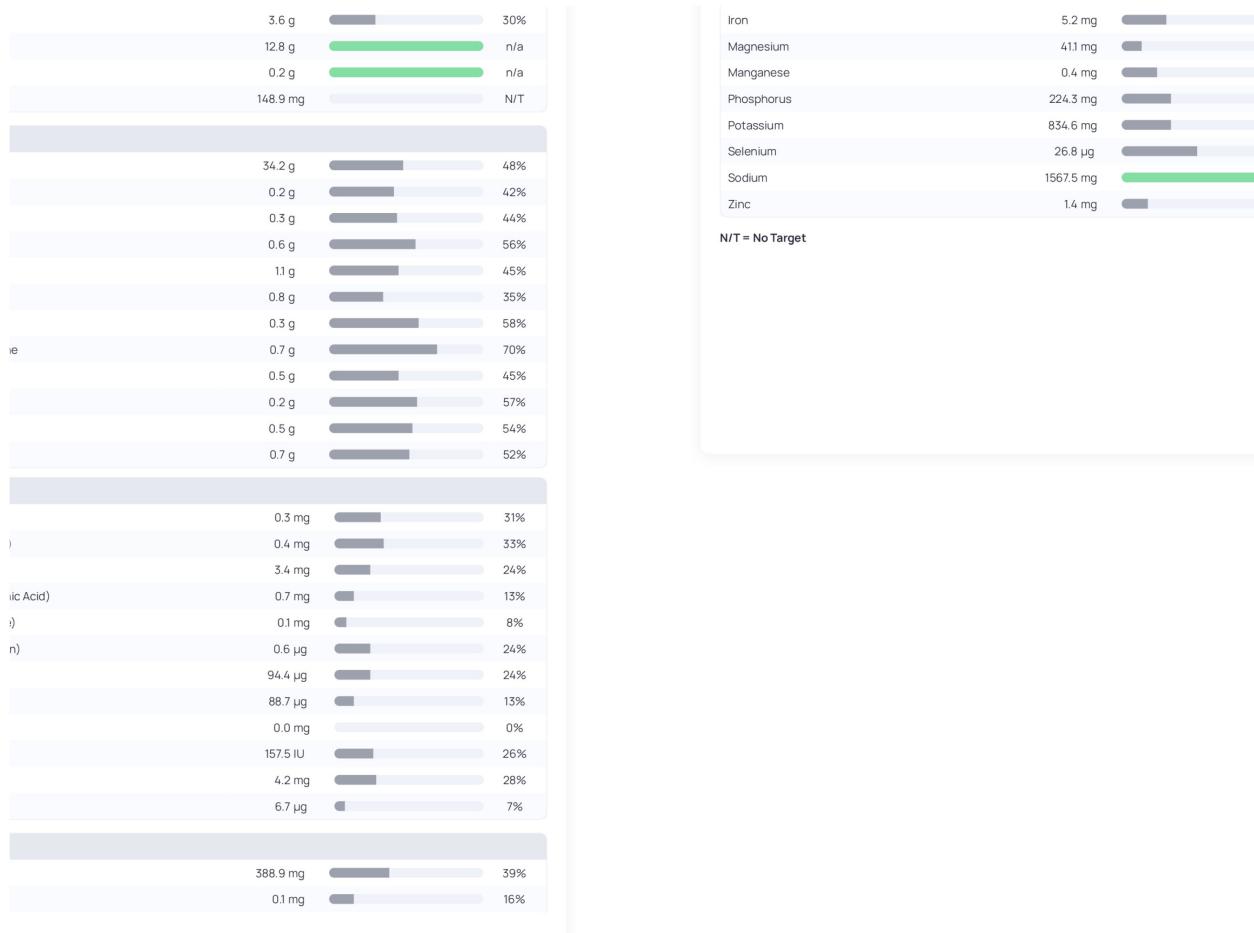


PDE Assignment Part 1

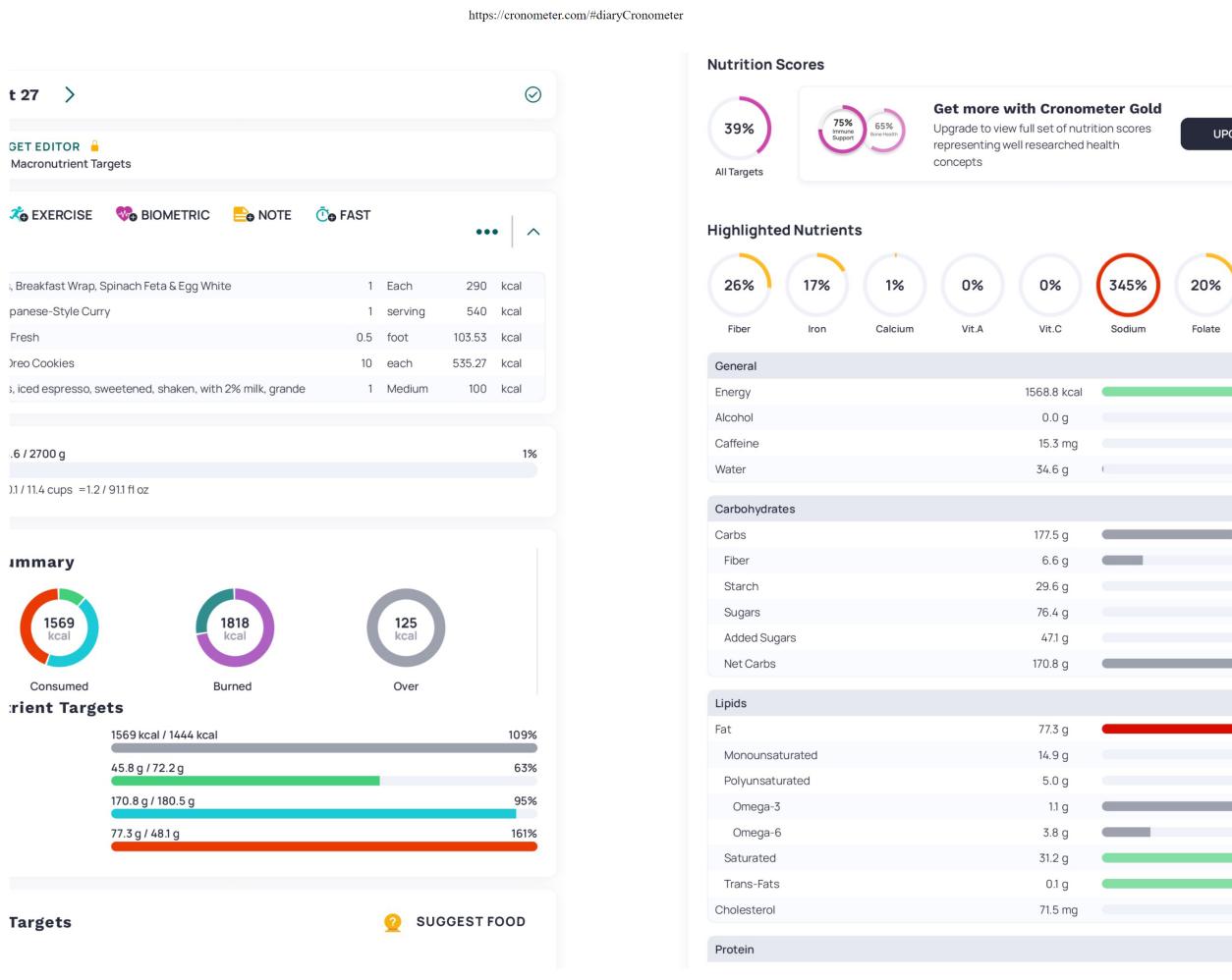
Day 1 (Thursday, October 26)



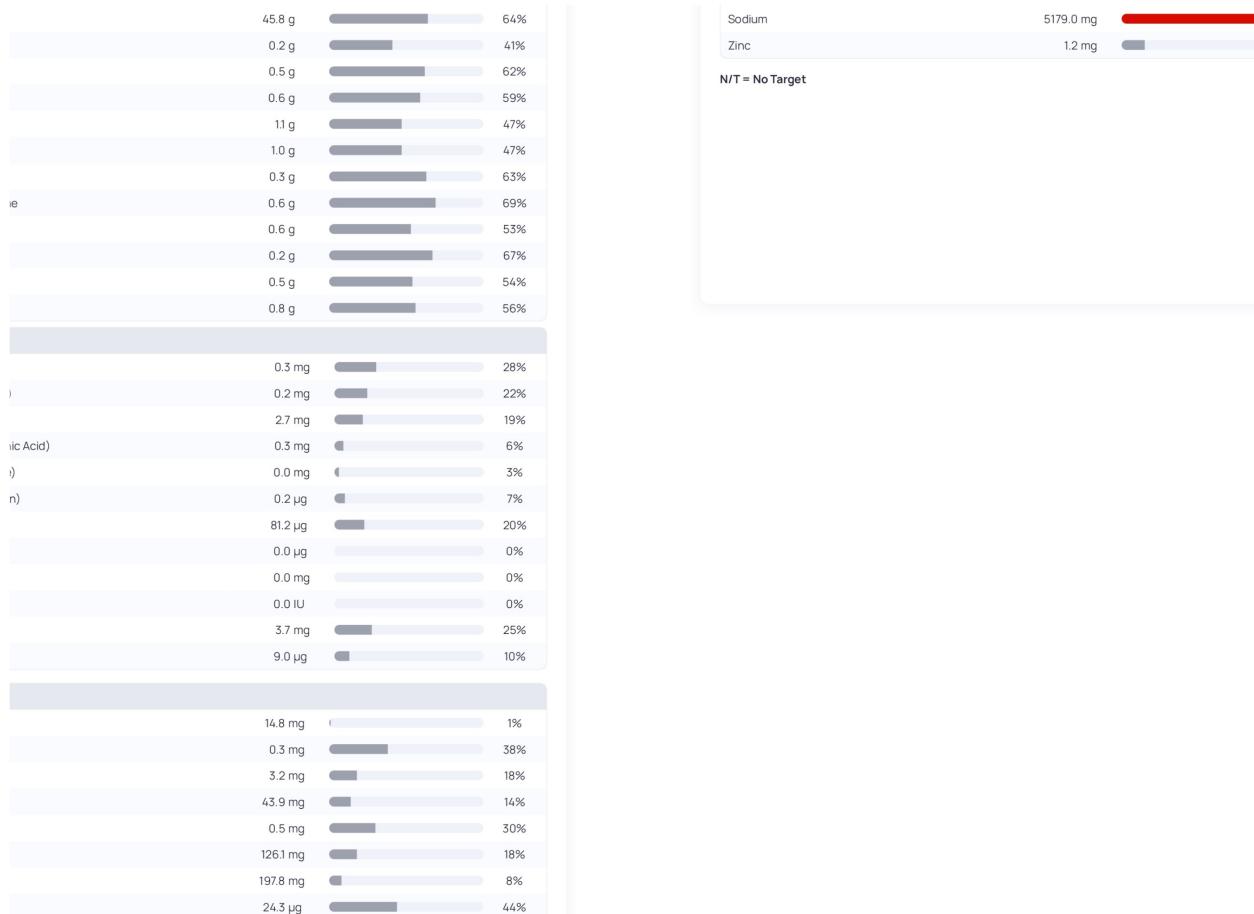
10/28/2023, 11:33 PM 2 of 4



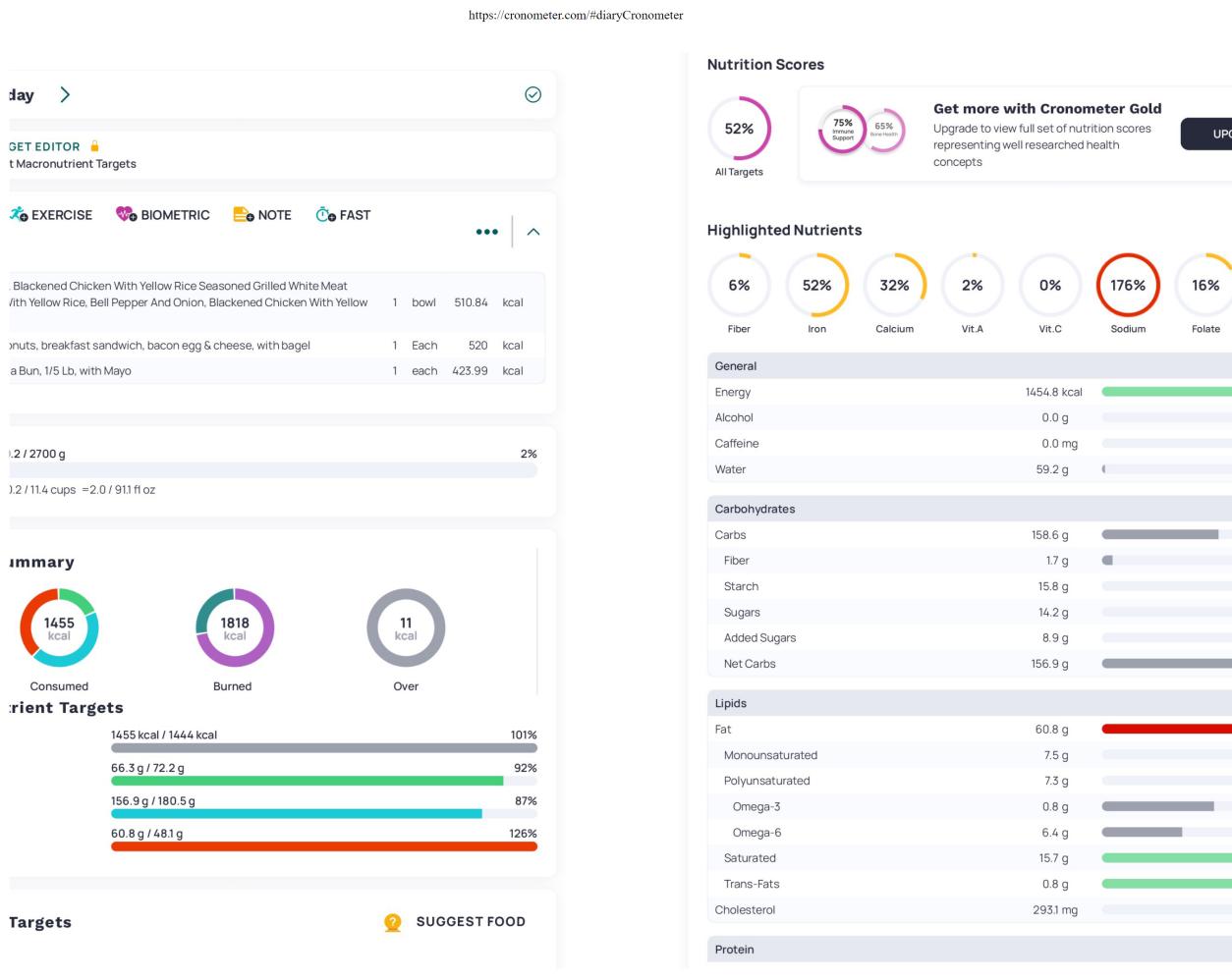
Day 2 (Friday, October 27)



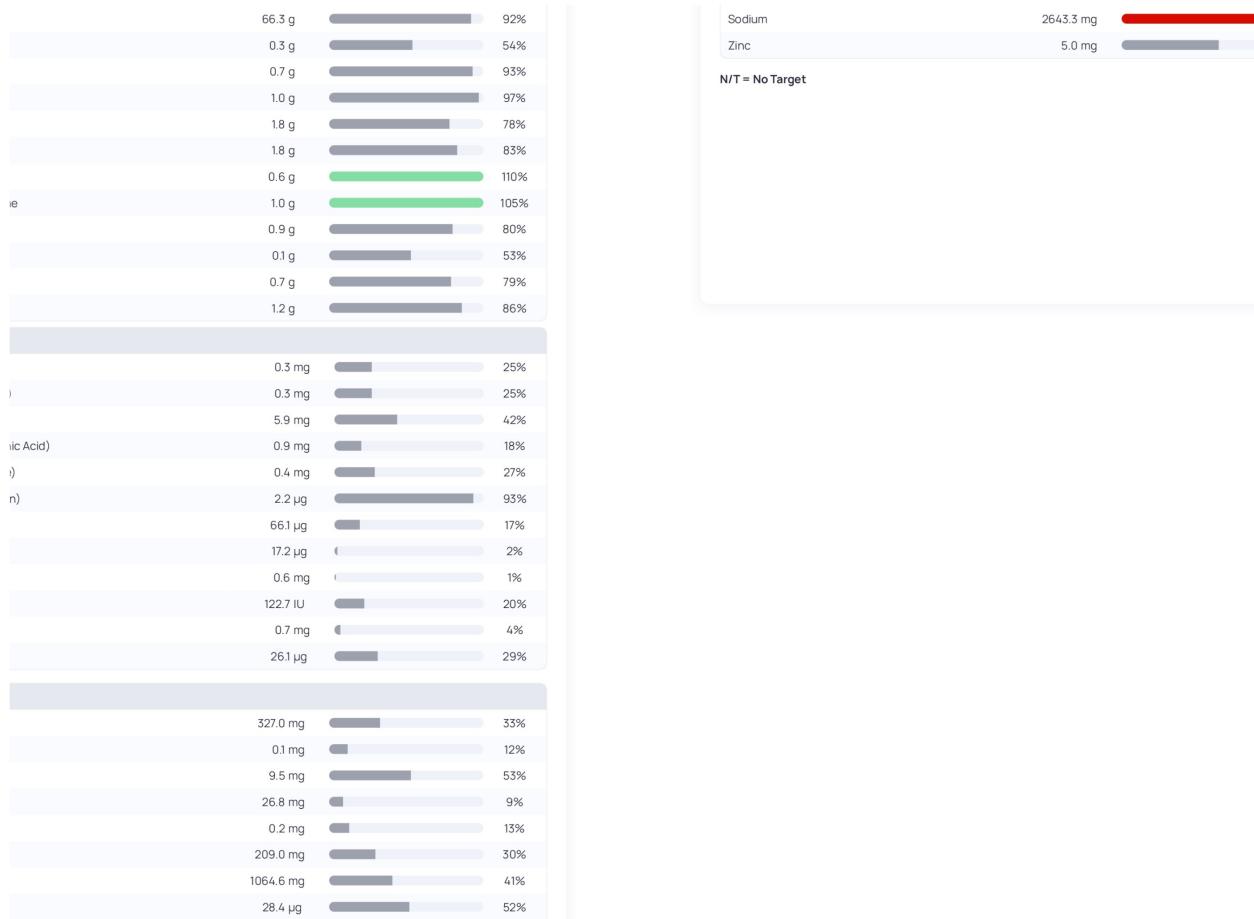
10/28/2023, 11:34 PM 2 of 4



Day 3 (Saturday, October 28)



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Nutrition Report (Weekly Averages)

<https://cronometer.com/#nutrition-reportCronometer>

<https://c>

Nutrition Report ?

View daily averages for a selected period of time.

Daily Averages for

Last 7 days ▼

Include Today

Filter Days

Non-Empty ▼

Include Supplements

Oct 22, 2023 to Oct 28, 2023

Energy Summary



Macronutrient Targets

Energy	1495 kcal / 1444 kcal	104%
Protein	48.8 g / 72.2 g	68%
Net Carbs	150.1 g / 180.5 g	83%
Fat <small>?</small>	59.7 g / 48.1 g	124%

Nutrient Targets

Nutrition Scores



Get more with Cronometer Gold

Upgrade to view full set of nutrition scores representing well researched health concepts

UPGRADE

Highlighted Nutrients



General

Energy	1494.7 kcal	104%
Alcohol	0.0 g	N/T
Caffeine	7.4 mg	N/T
Water	6561 g	24%

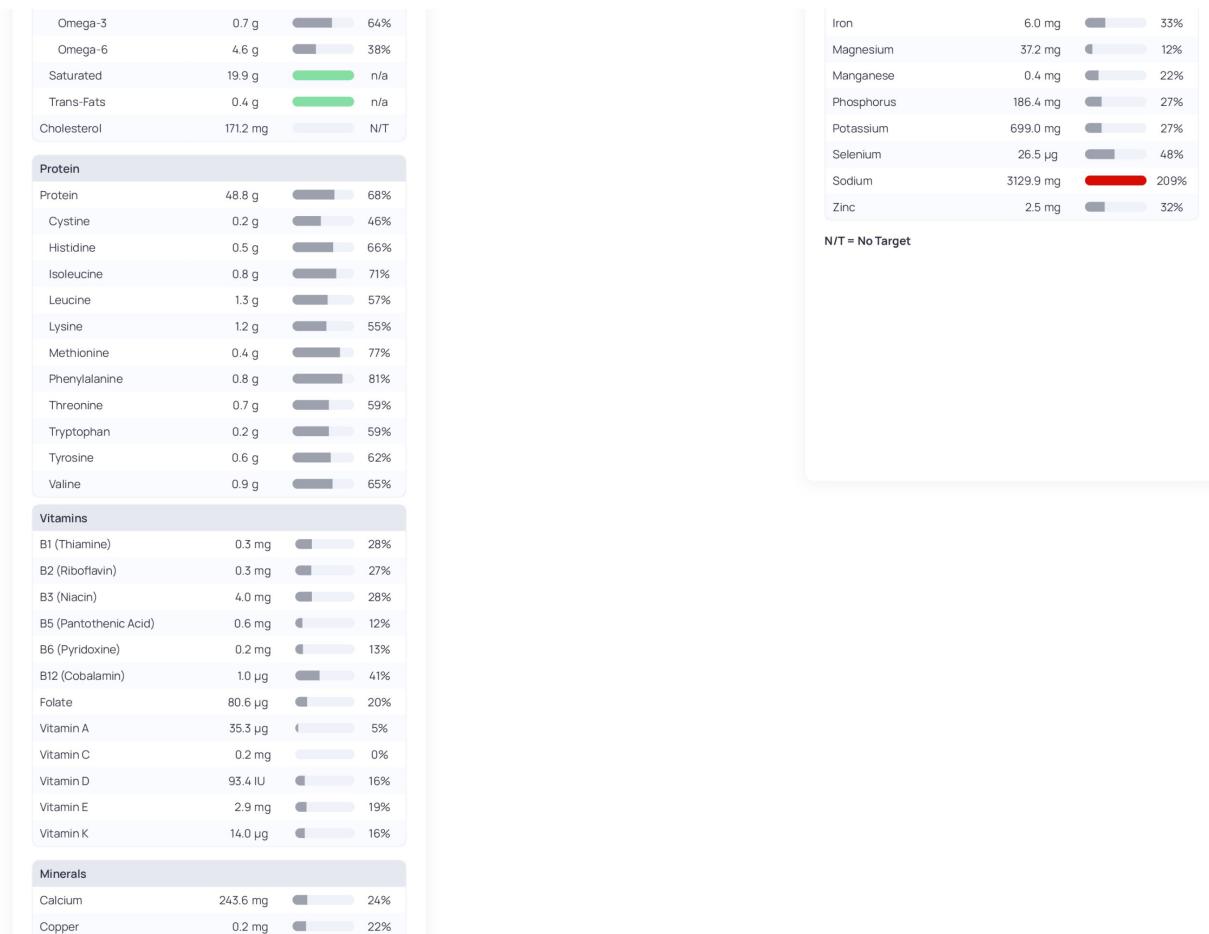
Carbohydrates

Carbs	154.2 g	75%
Fiber	4.1 g	16%
Starch	22.4 g	N/T
Sugars	40.4 g	N/T
Added Sugars	26.8 g	N/T
Net Carbs	150.1 g	83%

Lipids

Fat	59.7 g	124%
Monounsaturated	9.1 g	N/T
Polyunsaturated	5.4 g	N/T

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Iron	6.0 mg	 33%
Magnesium	37.2 mg	 12%
Manganese	0.4 mg	 22%
Phosphorus	186.4 mg	 27%
Potassium	699.0 mg	 27%
Selenium	26.5 µg	 48%
Sodium	3129.9 mg	 209%
Zinc	2.5 mg	 32%

N/T = No Target