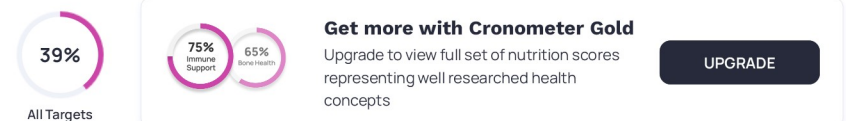
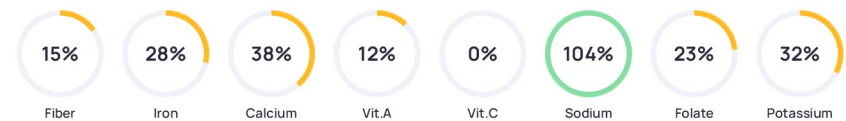
**Nutrient Targets** **SUGGEST FOOD****Nutrition Scores****Highlighted Nutrients**

General		
Energy	1460.6 kcal	101%
Alcohol	0.0 g	N/T
Caffeine	6.8 mg	N/T
Water	1874.7 g	69%

Carbohydrates		
Carbs	126.4 g	62%
Fiber	3.8 g	15%
Starch	22.0 g	N/T
Sugars	30.7 g	N/T
Added Sugars	24.3 g	N/T
Net Carbs	122.5 g	68%

Lipids		
Fat	41.1 g	86%
Monounsaturated	4.9 g	N/T
Polyunsaturated	4.0 g	N/T
Omega-3	0.3 g	23%

Omega-6	3.6 g	<div><div></div></div>	30%
Saturated	12.8 g	<div><div></div></div>	n/a
Trans-Fats	0.2 g	<div><div></div></div>	n/a
Cholesterol	148.9 mg	<div><div></div></div>	N/T
Protein			
Protein	34.2 g	<div><div></div></div>	48%
Cystine	0.2 g	<div><div></div></div>	42%
Histidine	0.3 g	<div><div></div></div>	44%
Isoleucine	0.6 g	<div><div></div></div>	56%
Leucine	1.1 g	<div><div></div></div>	45%
Lysine	0.8 g	<div><div></div></div>	35%
Methionine	0.3 g	<div><div></div></div>	58%
Phenylalanine	0.7 g	<div><div></div></div>	70%
Threonine	0.5 g	<div><div></div></div>	45%
Tryptophan	0.2 g	<div><div></div></div>	57%
Tyrosine	0.5 g	<div><div></div></div>	54%
Valine	0.7 g	<div><div></div></div>	52%
Vitamins			
B1 (Thiamine)	0.3 mg	<div><div></div></div>	31%
B2 (Riboflavin)	0.4 mg	<div><div></div></div>	33%
B3 (Niacin)	3.4 mg	<div><div></div></div>	24%
B5 (Pantothenic Acid)	0.7 mg	<div><div></div></div>	13%
B6 (Pyridoxine)	0.1 mg	<div><div></div></div>	8%
B12 (Cobalamin)	0.6 µg	<div><div></div></div>	24%
Folate	94.4 µg	<div><div></div></div>	24%
Vitamin A	88.7 µg	<div><div></div></div>	13%
Vitamin C	0.0 mg	<div><div></div></div>	0%
Vitamin D	157.5 IU	<div><div></div></div>	26%
Vitamin E	4.2 mg	<div><div></div></div>	28%
Vitamin K	6.7 µg	<div><div></div></div>	7%
Minerals			
Calcium	388.9 mg	<div><div></div></div>	39%
Copper	0.1 mg	<div><div></div></div>	16%

Iron	5.2 mg	<div><div></div></div>	29%
Magnesium	41.1 mg	<div><div></div></div>	13%
Manganese	0.4 mg	<div><div></div></div>	23%
Phosphorus	224.3 mg	<div><div></div></div>	32%
Potassium	834.6 mg	<div><div></div></div>	32%
Selenium	26.8 µg	<div><div></div></div>	49%
Sodium	1567.5 mg	<div><div></div></div>	104%
Zinc	1.4 mg	<div><div></div></div>	17%

N/T = No Target