

# Рационы от Глеба

Add Food	Add Exercise	Add Biometric	Add Note
Description	Amount	Unit	Calories
Spring Water	3000	g	0
Oat Milk	250	g	133.74
Granola, Homemade	160	g	687.73
Brazil Nuts, Unsalted	1	each	31.14
Pistachio Nuts, Raw	20	g	112
Odwalla, Superfood Bar, Original Superfood	1	bar - each 2 oz	189.76
Veganicity, B12 1000ug	1	tablet	0
Natures Plus, Hema-Plex, Tablets	1	Tablet	0
Nature's Bounty, Vitamin D3, 5000 IU	1	softgel	0
Magne-B6, Max	1 × 2 tablets		0
Odwalla, Superfood Bar, Original Superfood	0.5	bar - each 2 oz	94.88
Walnuts	2	half	26.49
Hemp Seeds, Hulled	10	g	55.3
Potato Dumpling, Kartoffelkloesse	70	g	85.22
Kidney Beans, Canned, Drained	450	g	558
Kiwi Fruit, Green	1	each - 2" diameter	42.09
Now, Biotin 5000 mcg	1	Capsule	0
Now, Choline & Inositol	2	Capsule	0
Bananas, Raw	2	medium - 7" to 7 7/8" long	210.04
Avocado, Green Skin, Florida Type	120	g	144
Oat Milk	250	g	133.74
Now Foods, Pea Protein	2	oz	223.36
Lentils, Pink or Red, Raw	150	g	537
Grapefruit, Raw, Pink or Red	1	cup, sections	96.6

Calories Summary		Macronutrient Targets	
<p><b>3361</b> kcal</p> <p>CONSUMED</p>	<p><b>2593</b> kcal</p> <p>BURNED</p>	<p><b>-519</b></p> <p>Calories Remaining</p> <p>BUDGET</p>	<p><b>Energy</b> 3361 kcal / 2729 kcal (123%)</p> <p><b>Protein</b> 168.6 g / 130.0 g (129%)</p> <p><b>Net Carbs</b> 416.5 g / 130.0 g (320%)</p> <p><b>Fat</b> 92.1 g / 65.0 g (141%)</p>

Description	Amount	Unit	Calories
🍏 Spring Water	3000	g	0
🍏 M&S, Vegetable CousCous	430	g	661.31
🍏 Grapefruit, Raw, Pink or Red	1	small - 3 1/2" diameter	84
🍏 Brazil Nuts, Unsalted	1	each	31.14
🍏 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
💜 Natures Plus, Hema-Plex, Tablets	1	Tablet	0
💜 Magne-B6, Max	1	× 2 tablets	0
💜 Nature's Bounty, Vitamin D3, 5000 IU	1	softgel	0
🍏 Potato, Boiled with Skin	3	medium - 2 1/4" to 3 1/4" diameter	456
🍏 Mixed Vegetables, Broccoli, Cauliflower and Carrots	200	g	49.57
🍏 Kidney Beans, Canned, Drained	100	g	124
🍏 Avocado, Green Skin, Florida Type	150	g	180
🍏 Odwalla, Superfood Bar, Original Superfood	1	bar - each 2 oz	189.76
💜 Now, Choline & Inositol	2	Capsule	0
💜 Now, Biotin 5000 mcg	1	Capsule	0
💜 Deva, Vegan Omega 3 DHA-EPA, Algae	2	capsule	10
🍏 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
🍏 Avocado, Green Skin, Florida Type	70	g	84
🍏 Oat Milk	250	g	133.74
🍏 Cherries, Sweet, Raw	40	g	25.2
🍏 Pistachio Nuts, Roasted, Salted	30	each	98.84
💜 Now Foods, Pea Protein	1	oz	111.68
🍏 Lentils, Pink or Red, Raw	120	g	429.6
🍏 Walnuts	30	g	196.2
💜 Functional Nutrition, Iodine From Kelp	1	tablet	0

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#### Calories Summary



#### Macronutrient Targets



Energy	3075 kcal / 2729 kcal (112%)
Protein	122.7 g / 130.0 g (94%)
Net Carbs	430.2 g / 130.0 g (330%)
Fat	77.7 g / 65.0 g (119%)

Description	Amount	Unit	Calories
 Spring Water	3000	g	0
 Granola, Homemade	150	g	644.75
 Brazil Nuts, Unsalted	1	each	31.14
 Oat Milk	250	g	133.74
 Kiwi Fruit, Green	1	each - 2" diameter	42.09
 Pistachio Nuts, Raw	30	g	168
 Veganicity, B12 1000ug	1	tablet	0
 Now, Zinc Picolinate	1	capsule	0
 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
 Avocado, Green Skin, Florida Type	60	g	72
 Oat Milk	200	g	106.99
 Blueberry, Raw	40	g	22.8
 Pistachio Nuts, Raw	30	g	168
 Kiwi Fruit, SunGold	1	each	51.03
 Now Foods, Pea Protein	1	oz	111.68
 Natural Factors, Vitamin D3, 1000 IU	2	tablet	0
 Magne, B6	1	tablet	0
 Lentils, Pink or Red, Raw	200	g	716
 Carrots, Raw	2	medium - 6" to 7" long	50.02
 Red Bell Peppers, Cooked	1	large - 3" diameter x 3 3/4"	43.96
 Avocado, Green Skin, Florida Type	1	each	364.8
 Hemp Seeds, Hulled	30	g	165.9
 Walnuts	30	g	196.2
 Now, Biotin 5000 mcg	1	Capsule	0
 Now, Choline & Inositol	2	Capsule	0
 Deva, Vegan Omega 3 DHA-EPA, Algae	2	capsule	10
 Salt	3	g	0

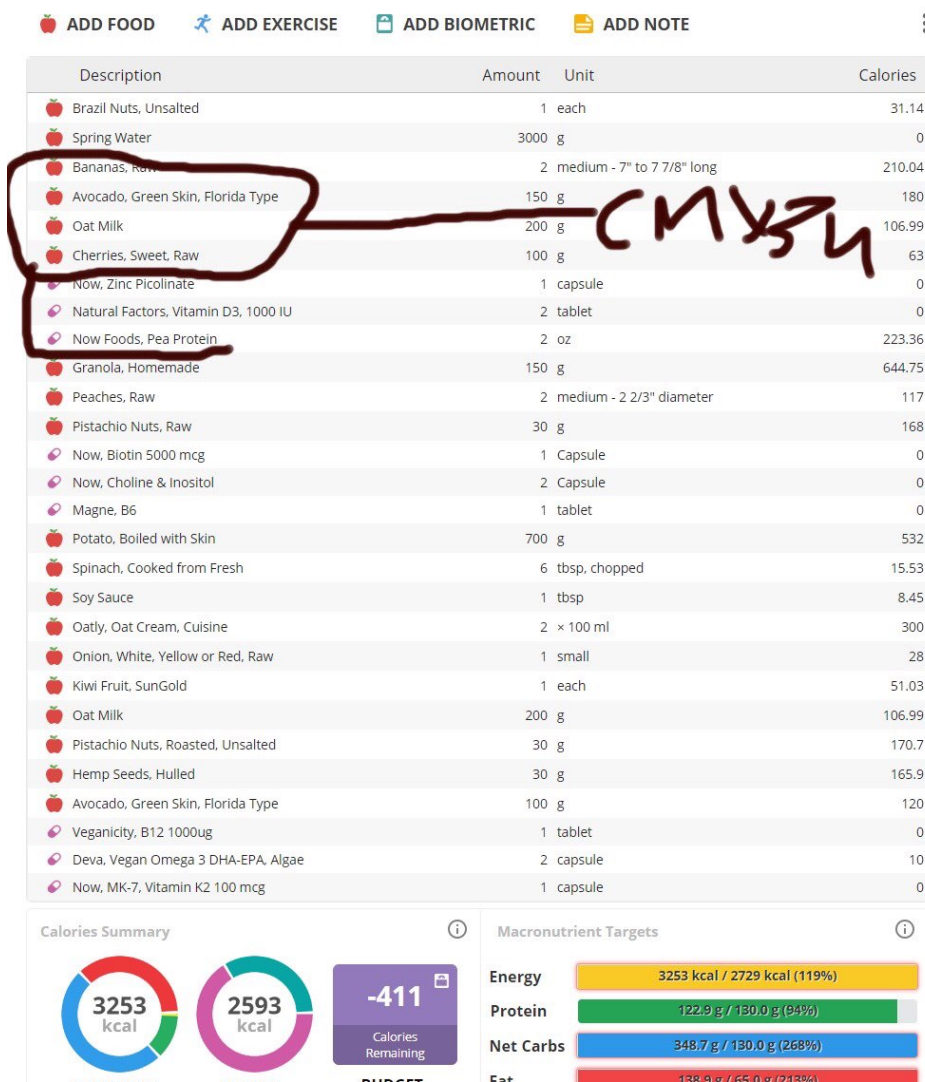
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#### Calories Summary



#### Macronutrient Targets

Energy	3204 kcal / 2729 kcal (117%)
Protein	135.7 g / 130.0 g (104%)
Net Carbs	301.3 g / 130.0 g (231%)
Fat	145.6 g / 65.0 g (224%)



Автор заметки: Mazer

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