























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## My Nutrition Report, 06/14/13 - 06/20/13

			Calories	Fat g	Carbs g	Protein g
<b>Averages over the period</b>			<b>3570</b>	<b>295</b>	<b>101</b>	<b>153</b>
<b>Calories percentage</b>				<b>72%</b>	<b>11%</b>	<b>17%</b>
Below is daily information, click on links to see detailed daily reports:						
<b><a href="#">Thursday, Jun 20</a></b>			<b>3570</b>	<b>295</b>	<b>101</b>	<b>153</b>
<b>Breakfast</b>			<b>967</b>	<b>99</b>	<b>27</b>	<b>31</b>
 Kale cooked boiled drained without salt	1 cup, chopped	130g	36	1	7	2
 Raw whole brazil nut (contributed)	3 pieces	64g	105	11	2	2
 Unsweetened coconut milk by so delicious	4 fl oz	118.29ml	22	2	1	
Mct oil (contributed)	1.5 oz	43g	283	43		
 Living protein by living fuel	2 scoops	42g	140	4	11	21
 Kerrygold pure irish butter (contributed)	2 tbsp	28g	200	24		
 Organic raw whole almonds-organic by Waymouth farms	0.25 cup	30g	180	15	6	6
<b>Lunch</b>			<b>493</b>	<b>36</b>	<b>18</b>	<b>28</b>
 Spinach raw	1 cup	30g	7	0	1	1
 Sardines sardines in olive oil by brunswick	1 can	84g	150	9		17
 Avocados raw all commercial varieties	0.5 cup, sliced	73g	117	11	6	1
 Raw pumpkin seeds by Bob's red mill	3 tbsp	30g	190	16	4	8
 Carrots raw	1 medium	61g	25	0	6	1
 Seaweed kelp raw	2 tbsp (1/8 cup)	10g	4	0	1	0
<b>Dinner</b>			<b>1207</b>	<b>92</b>	<b>25</b>	<b>65</b>
 Fish salmon coho wild cooked moist heat	8 oz	227g	417	17		62
 Extra virgin olive oil by cucina	2 fl oz	59.15ml	473	55		
 Cauliflower cooked boiled drained with salt	0.5 cup (1" pieces)	62g	14	0	3	1
 Steamed white rice (contributed)	0.5 cup	88g	125		22	2
 Kerrygold pure irish butter by Asda	0.25 serving	25g	178	20		0
<b>Snacks</b>			<b>904</b>	<b>68</b>	<b>31</b>	<b>28</b>
 A taste of thai coconut milk by Andre prost	4 fl oz	0.5cup	182	17	3	2

 Supergreens protein by livingfuel	2 scoops	69g	250	5	21	26
 Natural foods oils mct by Now	1.5 fl oz	3tbsp	300	42		
 Super smooth belgian 70% dark chocolate bars by trader joe's	0.5 bar	9g	50	4	4	1
 Alcoholic beverage wine table red cabernet sauvignon	5 fl oz	145g	122		4	0

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