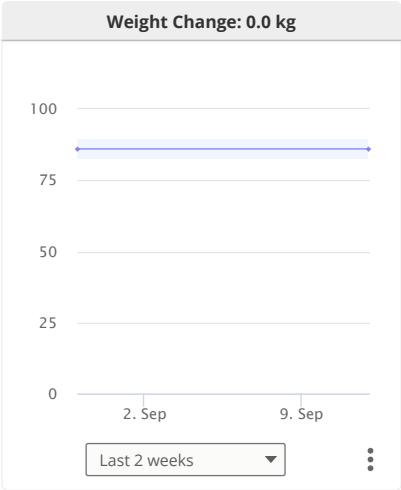
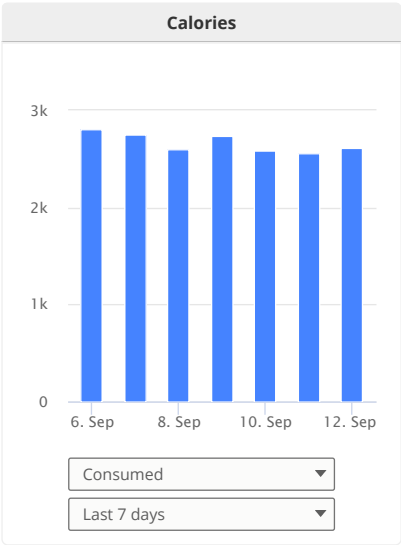


September 10, 2019

ADD FOOD ADD EXERCISE ADD BIOMETRIC ADD NOTE

| Sep 2019 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |



| Description | Amount | Unit | Calories |
|---|--------|-------------|----------|
| Kiva, Black Seed Oil | 5 | g | 45 |
| Fish Oil, Cod Liver | 2 | g | 18.04 |
| Garlic, Fresh | 5 | g | 7.45 |
| Now, Selenium, 200 mcg | 1 | Veg Capsule | 0 |
| snidane | | | |
| Green Beans, Cooked from Frozen | 300 | g | 84 |
| Sardines, Canned in Water, Drained | 90 | g | 175.5 |
| Olive Oil | 50 | g | 442 |
| Biokia, Sea Buckthorn | 10 | g | 5 |
| svacina | | | |
| obed | | | |
| Chicken Broth, Kitchen Basics, unsalted | 1000 | g | 81.63 |
| Split Peas, Yellow or Green, Cooked From Dried | 150 | g | 177 |
| Avocados, Raw, All Commercial Varieties | 140 | g | 224 |
| Mushrooms, Shiitake, Dried | 20 | g | 59.2 |
| Sauerkraut | 150 | g | 28.5 |
| Ghee, Clarified Butter | 30 | g | 262.8 |
| Sprouts Farmers Market, Sunflower Lecithin | 5 | g | 30 |
| Biokia, Sea Buckthorn | 10 | g | 5 |
| svacina | | | |
| Juice | | | |
| Remag | 8 | ml | 0 |
| vecere | | | |
| Cauliflower, Cooked from Fresh | 300 | g | 69 |
| Lettuce, Iceberg | 200 | g | 28 |
| Cucumber, Raw, Without Peel | 250 | g | 30 |
| Macadamia Nuts, Raw | 50 | g | 359 |
| Olive Oil | 50 | g | 442 |
| Biokia, Sea Buckthorn | 5 | g | 4.5 |
| walking, 2.8 to 3.2 mph, level, moderate pace, firm surface | 120 | minutes | -451.5 |
| Taurin | 5 | g | 0 |
| Lysin | 3 | g | 0 |
| Solgar, Zinc Picolinate, 22 mg | 1 | Tablet | 0 |

Calories Summary

2586 kcal

CONSUMED

2533 kcal

BURNED

53

Calorie Surplus

BALANCE

Macronutrient Targets

Energy

2586 (2134 net) kcal / 2533 kcal (102%)

Protein

87.6 g / 126.7 g (69%)

Net Carbs

66.2 g / 422.2 g (16%)

Fat

212.8 g / 37.5 g (567%)

Nutrient Targets

89% TARGETS

193% Fiber

174% Iron

50% Calcium

191% Vit.A

266% Vit.C

450% Vit.B12

146% Folate

| General | | |
|----------|-------------|-----------|
| Energy | 2585.6 kcal | 102% |
| Alcohol | 0.0 g | No Target |
| Caffeine | 0.0 mg | No Target |
| Water | 1393.7 g | 38% |

| Carbohydrates | | |
|---------------|---------|-----------|
| Carbs | 124.2 g | 27% |
| Fiber | 58.0 g | 193% |
| Starch | 33.7 g | No Target |

| Vitamins | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.5 mg | 122% |
| B2 (Riboflavin) | 1.4 mg | 108% |
| B3 (Niacin) | 17.0 mg | 106% |
| B5 (Pantothenic Acid) | 11.0 mg | 220% |
| B6 (Pyridoxine) | 2.3 mg | 135% |
| B12 (Cobalamin) | 10.8 µg | 450% |
| Choline | 495.9 mg | 90% |
| Folate | 582.8 µg | 146% |
| Vitamin A | 5737.3 IU | 191% |

7 Kč

15 Kč

11

29

Cronometer

| | | | |
|-----------|------|---|-----------|
| Sugars | 27.6 | g | |
| Fructose | 9.8 | g | No Target |
| Galactose | 0.2 | g | No Target |
| Glucose | 10.4 | g | No Target |
| Lactose | 0.0 | g | No Target |
| Maltose | 0.4 | g | No Target |
| Sucrose | 4.6 | g | No Target |
| Net Carbs | 66.2 | g | 16% |

| Lipids | | | |
|-----------------|-------|----|-----------|
| Fat | 212.8 | g | 560% |
| Monounsaturated | 130.5 | g | No Target |
| Polyunsaturated | 23.8 | g | No Target |
| Omega-3 | 5.0 | g | 316% |
| Omega-6 | 15.9 | g | 114% |
| Saturated | 47.3 | g | 47,336 g |
| Trans-Fats | 1.4 | g | 1,366 g |
| Cholesterol | 150.3 | mg | n/a |

| Protein | | | |
|---------------|------|---|-----------|
| Protein | 87.6 | g | 69% |
| Arginine | 4.1 | g | 82% |
| Cystine | 0.7 | g | 193% |
| Glutamic acid | 10.1 | g | No Target |
| Glycine | 2.6 | g | 26% |
| Histidine | 1.4 | g | 165% |
| Isoleucine | 2.4 | g | 140% |
| Leucine | 4.2 | g | 124% |
| Lysine | 6.9 | g | 269% |
| Methionine | 1.1 | g | 127% |
| Phenylalanine | 2.6 | g | 238% |
| Proline | 2.3 | g | No Target |
| Threonine | 2.4 | g | 183% |
| Tryptophan | 0.6 | g | 186% |
| Tyrosine | 1.8 | g | 167% |
| Valine | 2.8 | g | 127% |

| | | | |
|-----------------------------|--------|----|-----------|
| Alpha-carotene | 234.1 | µg | No Target |
| Beta-carotene | 1531.5 | µg | No Target |
| Beta-cryptoxanthin | 84.2 | µg | No Target |
| Lutein+Zeaxanthin | 3027.7 | µg | No Target |
| Lycopene | 0.0 | µg | No Target |
| Retinol | 876.0 | µg | 35% |
| Retinol Activity Equivalent | 1016.4 | µg | No Target |
| Vitamin C | 239.6 | mg | 266% |
| Vitamin D | 400.2 | IU | 67% |
| Vitamin E | 20.5 | mg | 137% |
| Beta Tocopherol | 0.2 | mg | No Target |
| Delta Tocopherol | 0.2 | mg | No Target |
| Gamma Tocopherol | 3.7 | mg | No Target |
| Vitamin K | 332.6 | µg | 277% |

| Minerals | | | |
|------------|--------|----|------|
| Calcium | 500.8 | mg | 50% |
| Copper | 2.7 | mg | 299% |
| Iron | 13.9 | mg | 174% |
| Magnesium | 845.4 | mg | 201% |
| Manganese | 5.2 | mg | 225% |
| Phosphorus | 1384.3 | mg | 198% |
| Potassium | 4732.5 | mg | 101% |
| Selenium | 251.7 | µg | 458% |
| Sodium | 1867.4 | mg | 144% |
| Zinc | 30.1 | mg | 274% |

DĚLEJ SPORT,
KTERÝ MÁ SMYSL.

NAUČ SE BRÁNIT SEB
A SVÉ BLÍZKÉ.

CHCI VĚDĚT VÍC

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cronometer

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