
























AD  **Creative Cloud – Alle apps.**  
**Voor al je ideeën.** Meer info 




























<  **Today** > Completed 



 **DAILY TARGET EDITOR**   
 Fri - - Default Macronutrient Targets

 FOOD  EXERCISE  BIOMETRIC  NOTE ⋮ ^

 FAST

Uncategorized		0 kcal • 0 g protein • 0 g carbs • 0 g fat			
	Weight	89	kg		
	Body Fat	12	%		
Breakfast		754 kcal • 32 g protein • 82 g carbs • 28 g fat			
	Oatmeal, Regular or Quick, Dry	90	g	341.1	kcal
	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	1.5	cup	139.08	kcal
	Seeds, Flaxseeds, Whole and Ground	2	× 15 mL ground	75.77	kcal
	Bananas, Raw	1	medium - 7" to 7 7/8" long	103.84	kcal
	Peanut Butter, Natural, Unsalted	1	tbsp	93.92	kcal
Lunch		510 kcal • 34 g protein • 41 g carbs • 23 g fat			
	Tortilla, Whole Wheat, Store Bought, Plain	1	large - 10" diameter	175.98	kcal
	Tofu, Not Silken, Cooked, Extra Firm	150	g	165.59	kcal
	Turmeric, Ground	1	tsp	9.78	kcal
	Salt	1	dash	0	kcal
	Bragg, Nutritional Yeast	1	tbsp	20	kcal
	Sundhed, Kala Namak Salt	0.5	× 1/4 tsp	0	kcal
	Violife, For Pizza, Vegan Cheese	20	g	54	kcal
	Spinach, Raw	1	cup, cut pieces	6.9	kcal
	Pepper, Sweet, Red, Raw	0.5	large - 3" diameter x 3 3/4"	22.14	kcal

	Hemp Seeds, Hulled	1	tbsp, whole pieces	55.3	kcal
<b>Dinner</b>		<b>820 kcal • 35 g protein • 96 g carbs • 20 g fat</b>			
	Beans, Kidney, Red, Mature Seeds, Cooked, Boiled, with Salt	0.5	cup	112.4	kcal
	Beans, navy, mature seeds, cooked, boiled, without salt	0.5	cup	127.4	kcal
	Pinto Beans, Cooked from Dried	0.5	cup, whole pieces	122.26	kcal
	Cumin, Ground	0.5	tsp	3.75	kcal
	Spices, Paprika	0.5	tsp	3.24	kcal
	Spices, Chili Powder	0.5	tsp	3.81	kcal
	Onion, White, Yellow or Red, Cooked	0.3	medium - 2 1/2" diameter	12.41	kcal
	Garlic, Cooked	2	clove	7.8	kcal
	Tomato Paste	0.5	tbsp	6.71	kcal
	Tomato, Canned	200	g	32	kcal
	Rice, Brown, Long-Grain, Cooked	0.75	cup	186.34	kcal
	Lettuce, Boston, Bibb or Butterhead	1	cup, chopped	7.15	kcal
	Radish, Raw	6	small	1.92	kcal
	Chia Seeds	1	tbsp, whole pieces	48.6	kcal
	Dr. Oetker, Vegan Sour Cream	20	g	57.4	kcal
	Salsa, Ready-to-Serve	4	tbsp	18.78	kcal
	Avocados, Raw, California	0.3	fruit, without skin and seed	68.14	kcal
<b>Snacks</b>		<b>1245 kcal • 63 g protein • 101 g carbs • 55 g fat</b>			
	Soy Milk, Plain or Original, Unsweetened, Ready-to-Drink, Fortified	1	cup	92.72	kcal
	Raspberries, Frozen, Unsweetened	1	cup	78.4	kcal
	Almond Butter, Unsalted	1	tbsp	94.22	kcal
	Tofu, Silken, Not Cooked	0.5	cup, cubed	76.88	kcal
	Carrots, Raw	2	medium - 6" to 7" long	50.02	kcal
	Pita Chips	0.5	cup, whole pieces	134.71	kcal
	Black Bean Dip	0.75	cup	194.8	kcal
	Silk, Soy Yogurt Alternative, Plain	1.5	cup	195.73	kcal
	Peanut Butter, Natural, Unsalted	2	tbsp	187.84	kcal

	Blueberries, Fresh	0.5	cup, whole pieces	42.18	kcal
	Chocolate, Dark, 70-85% Cacao Solids	1	tbsp	97.13	kcal

### Water 32 / 48 fl oz

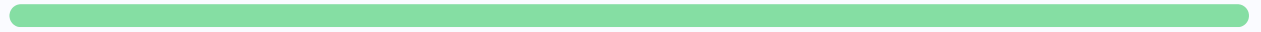


Water added here will contribute to your total water nutrient target.



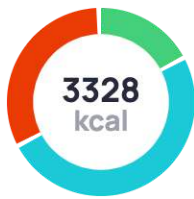
Total Water - 114.61 / 57.48 fl oz

199%

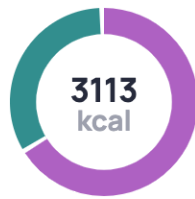


 WATER SETTINGS

### Energy Summary



Consumed



Burned



Over

### Targets

Energy	3328 / 3113 kcal	107%
Protein	163.7 / 160.0 g	102%
Net Carbs	320.5 g	
Fat	125.8 g	

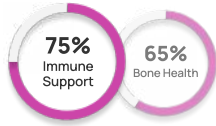
### Nutrient Targets

 SUGGEST FOOD

### Nutrition Scores



All Targets

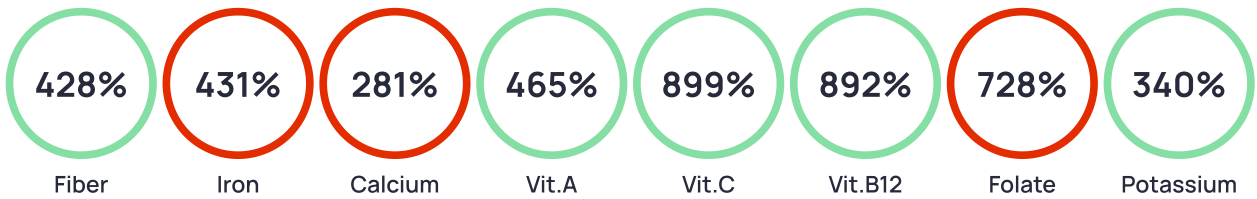


### Get more with Cronometer Gold

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

UPGRADE


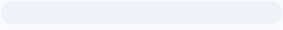
### Highlighted Nutrients



General			
Energy	3328.1 kcal	<div style="width: 107%;"></div>	107%
Alcohol	0.0 g	<div style="width: 0%;"></div>	N/T
Caffeine	13.0 mg	<div style="width: 0%;"></div>	N/T
Water	3389.3 g	<div style="width: 199%;"></div>	199%

Carbohydrates			
Carbs	429.1 g	<div style="width: 0%;"></div>	N/T
Fiber	107.0 g	<div style="width: 428%;"></div>	428%
Starch	210.6 g	<div style="width: 0%;"></div>	N/T
Sugars	89.6 g	<div style="width: 0%;"></div>	N/T
Net Carbs	320.5 g	<div style="width: 0%;"></div>	N/T

Lipids			
Fat	125.8 g	<div style="width: 0%;"></div>	N/T
Monounsaturated	39.3 g	<div style="width: 0%;"></div>	N/T
Polyunsaturated	45.3 g	<div style="width: 0%;"></div>	N/T
Omega-3	9.6 g	<div style="width: 1070%;"></div>	1070%
Omega-6	34.7 g	<div style="width: 347%;"></div>	347%
Saturated	28.9 g	<div style="width: 0%;"></div>	n/a

Trans-Fats	0.1 g		n/a
Cholesterol	3.2 mg		N/T


### Protein

Protein	163.7 g		102%
Cystine	2.3 g		231%
Histidine	4.0 g		284%
Isoleucine	6.8 g		348%
Leucine	11.9 g		273%
Lysine	8.6 g		210%
Methionine	2.3 g		235%
Phenylalanine	8.1 g		444%
Threonine	6.1 g		287%
Tryptophan	2.0 g		371%
Tyrosine	5.2 g		286%
Valine	7.9 g		317%

### Vitamins

B1 (Thiamine)	7.9 mg		1317%
B2 (Riboflavin)	5.8 mg		973%
B3 (Niacin)	49.4 mg		618%
B5 (Pantothenic Acid)	9.4 mg		313%
B6 (Pyridoxine)	7.4 mg		1237%
B12 (Cobalamin)	10.7 µg		893%
Folate	1457.5 µg		729%
Vitamin A	1863.2 µg		466%
Vitamin C	224.8 mg		899%
Vitamin D	359.3 IU		60%
Vitamin E	19.0 mg		271%
Vitamin K	331.8 µg		603%

### Minerals

Calcium	2810.3 mg		281%
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Copper	5.1 mg		1159%
Iron	43.1 mg		431%
Magnesium	1279.6 mg		984%
Manganese	18.3 mg		1220%
Phosphorus	3231.2 mg		646%
Potassium	7830.1 mg		340%
Selenium	147.2 µg		491%
Sodium	3624.6 mg		362%
Zinc	23.1 mg		461%

N/T = No Target

AD
▶ X

**Studenten besparen 70% op Creative Cloud.**

Er gelden voorwaarden.

Nu kopen




**Bē**  
nahuelbardi