PRODUCT NUTRITIONAL OVERVIEW

PRODUCT NAME	Calories on label	Calories (internal calc)	Total serve size (g)	Total Fat	Sat fat	MUFA	Omega 3	Omega 6	PUFA	Total carbs	Fiber	Allulose	Net carbs	Total natural sugars	Added sugars	Actual total sugars	Protein
BREAKFAST																	
Coffee alt & Tea (Spring '24)	20	28	6	0	0	0	0	0	0	5	1	0	4	0	2	2	1
Nutty Pudding (Jan '24)	210	206.7	62.5	8.3	1.6	1.7	3	2	5	21	4	11	6	1	0	1	26
Berry Nut Mix, pairs w/ Nutty Pudding (Jan '24)	70	92	15	4	0.5	2	0.3	1.2	1.5	8	0	0	8	5	0	5	1
Extra Virgin Oilve Oil (1 tbsp / 15 mL)	120	119.7	13.5	13.3	2	10.2	0.1	1	1.1	0	0	0	0	0	0	0	0
Longevity Mix (Jan '24)	10	0	19	0	0	0	0	0	0	4	0	4	0	0	0	0	0
Pills, 8 total (Jan '24)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	**430**	**446.4**	**116**	**25.6**	**4.1**	**13.9**	**3.4**	**4.2**	**7.6**	**38**	**5**	**15**	**18**	**6**	**2**	8	**28**
SNACKS																	
Veggie Chips (Spring '24)	150	88	40		0	5	0	0	0	20	5	0	15	2	0	2	5
Protein powder drink (Spring '24)	210	202.9	75	4.1	1	1	1.2	0.9	2.1	26	9	7	10	1.5	6	7.5	30
Nutty Butter (Jan '24)	77	71.9	16	7.1	1	3.5	0.6	2	2.6	6	2	3	1	0	0	0	1
Cocoa Powder	25	37	11	1	1	0	0	0	0	6	2	0	4	0	0	0	3
Total	**462**	399.8	**142**	**12.2**	**3**	**9.5**	**1.8**	**2.9**	**4.7**	**58**	**18**	**10**	**30**	**3.5**	**6**	9.5	**39**
LUNCH																	
Super Veggie (in formulation, Spring '24)	200	178	2	2	0	0	2	0	2	40	10	0	30	5	0	5	5
Extra Virgin Oilve Oil (1 tbsp, 15 mL)	120	121.5	13.3	13.5	2	10.2	0.1	1	1.1	0	0	0	0	0	0	0	0
Protein ready-to-drink (in formulation, Spring '244)	250	247	7	7	0	0	4	3	7	20	5	0	15	1	0	1	30
Fruit crunch (in formulation, Spring '24)	200	258	0	2	0	0	0	0	0	50	10	0	40	15	0	15	5
Total	**770**	804.5	**22.3**	**24.5**	**2**	**10.2**	**6.1**	**4**	**10.1**	**110**	**25**	**0**	**85**	**21**	**0**	21	**40**
SNACKS																	
Nut Bar (Jan '24) (Nutty butter is an alternative)	200	187.7		17.3	5	11.5	0.3	0.5	0.8	15	9	2	4	1	0	1	3
Total	**200**	187.7		**17.3**	**5**	11.5	0.3	0.5	0.8	**15**	**9**	**2**	4	1	0	1	**3**
DINNER																	
Noodles (in formulation, Spring '24)	200	218	40	2	0	0	0	0	0	50	5	0	45	0	0	0	5
Extra Virgin Oilve Oil (1 tbsp, 15 mL)	120	121.5	13.5	13.5	2	10.2	0.1	1	1.1	0	0	0	0	0	0	0	0
Total	**320**	**339.5**	**53.5**	**15.5**	**2**	**10.2**	**0.1**	**1**	**1.1**	**50**	**5**	**0**	**45**	**0**	**0**	**0**	**5**
MEAL TOTALS																	
Breakfast	430	446.4		25.6	4.1	13.9	3.4	4.2	7.6	38	5	15	18	6	2	8	28
Snacks	462	399.8		12.2	3	9.5	1.8	2.9	4.7	58	18	10	30	3.5	6	9.5	39
Lunch	770	804.5		24.5	2	10.2	6.1	4	10.1	110	25	0	85	21	0	21	40
Snacks	200	187.7		17.3	5	11.5	0.3	0.5	0.8	15	9	2	4	1	0	1	3
Dinner	320	339.5		15.5	2	10.2	0.1	1	1.1	50	5	0	45	0	0	0	5
Daily total	**2182**	**2177.9**		**95.1**	**16.1**	**55.3**	**11.7**	**12.6**	**24.3**	**271**	**62**	**27**	**182**	**31.5**	**8**	39.5	**115**
Ratios (% cals) net carbs - us calc cals				39%									33%			7%	21%
Calorie targets @ 10% CRON																	
Men	2250																
Women	1800																
Protein targets @ 1.6g/kgbw/d																	
Men at 65 kg bw	104																
Women at 50 kg bw	80																
Ratios targets																	
Fat	40%																
Carbs (net)	35%																
Sugars	5%																
Protein	20%																