

Baritastic Report

Name
Darius Stangu

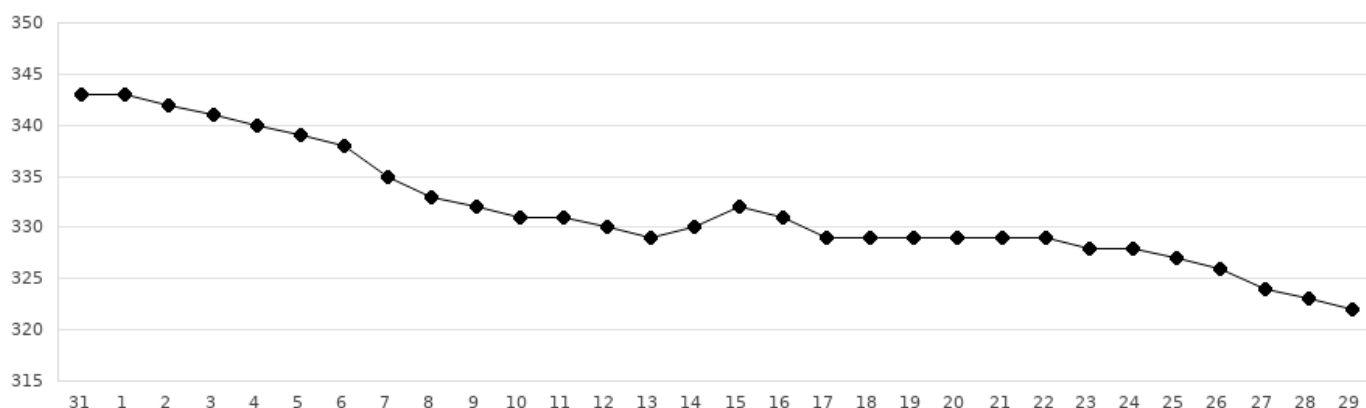
Surgery Date	App Download Date	Surgery Type	Days Since Surgery
20-May-2020	09-May-2020	Sleeve Gastrectomy	102

WEIGHT

Average Monthly Weight Loss	32
Average Monthly Weight Loss Since Surgery	24
Current Weight	321
Target Weight	218
LBS to Goal	103

Weight Last 30 Days

Weight 



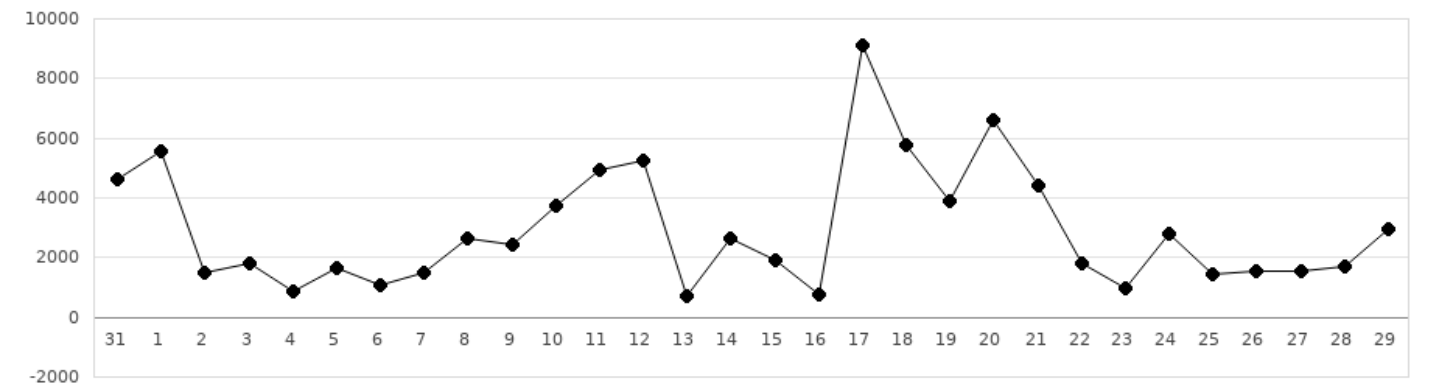
EXERCISE

Average Daily Steps*	2939
Average Daily Calories Burned From Exercises Logged	0

*If connected to wearable device

Steps Last 30 Days

Steps



Calories Burned Last 30 Days

Calories Burned



NUTRITION

CURRENT GOALS (SET BY USER)

Calories	720
Protein	75
Carbohydrates	50
Fat	25
Fiber	12
Sugar	15
Water	120.00

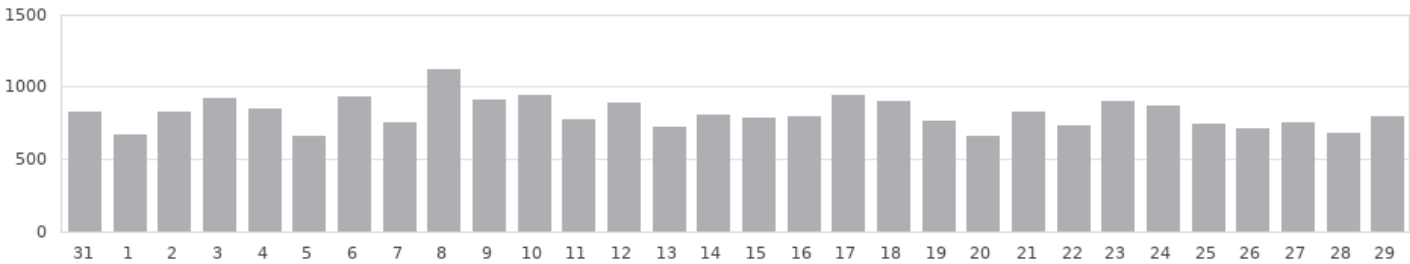
Total Days Food Logged	112
Days In A Row Food Logged	100
Average Daily Hunger * (1 low, 10 high)	0
Average Daily Happiness * (1 low, 10 high)	0
Average Daily BM's * (1 low, 10 high)	0

Average Daily Calories*	775
Average Daily Protein*	83
Average Daily Fiber*	10
Average Daily Carbohydrate*	42
Average Net Carbs*	32
Average Daily Sugar*	15
Average Daily Fat*	31
Average Daily Water*	126

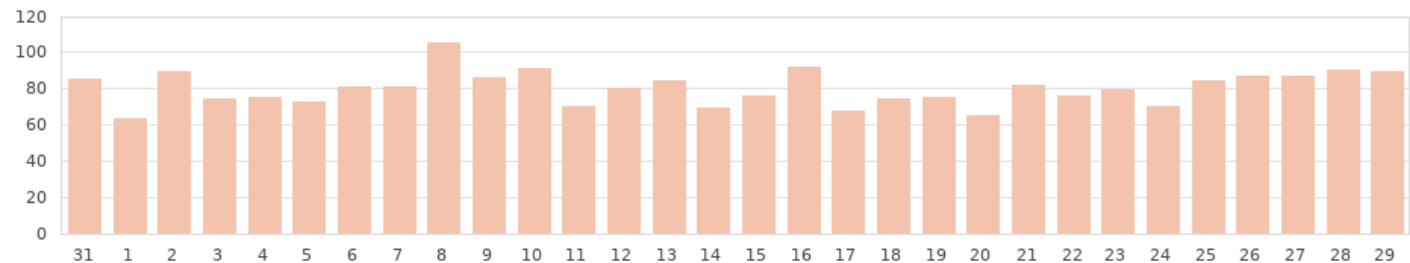
* last 7 days

Calories last 30 days

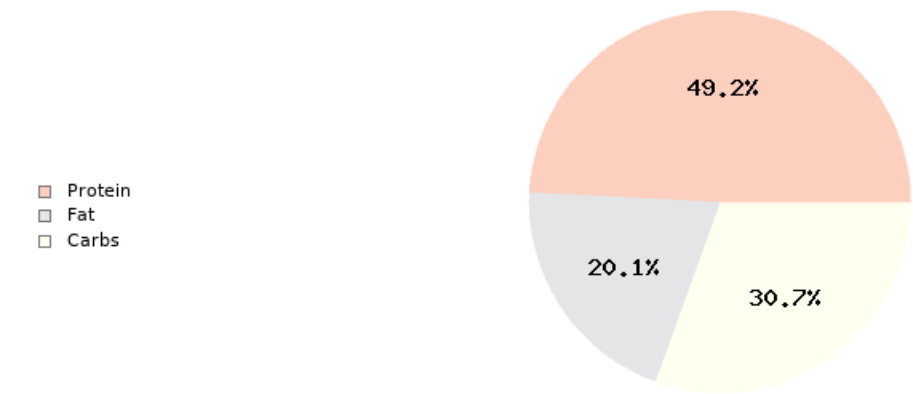
Calories 



Protein last 30 days

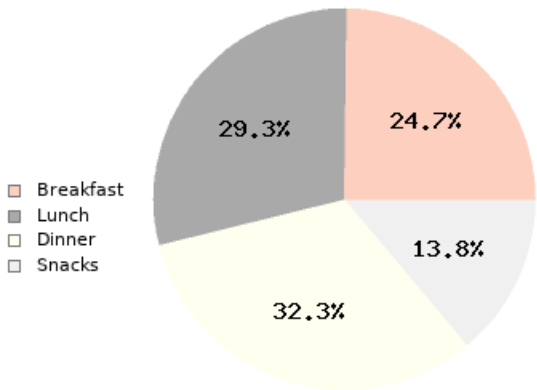


Macronutrient % last 30 days



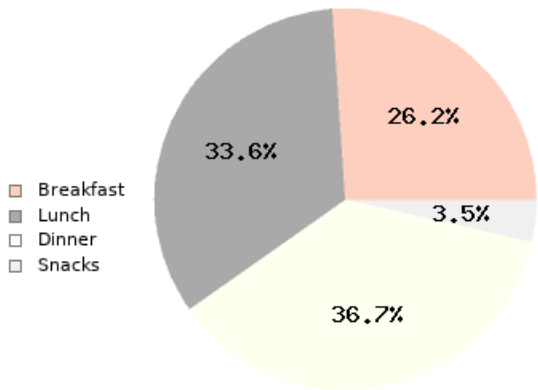
CALORIES

Last 30 Days



PROTEIN

Last 30 Days



Highest in Calories

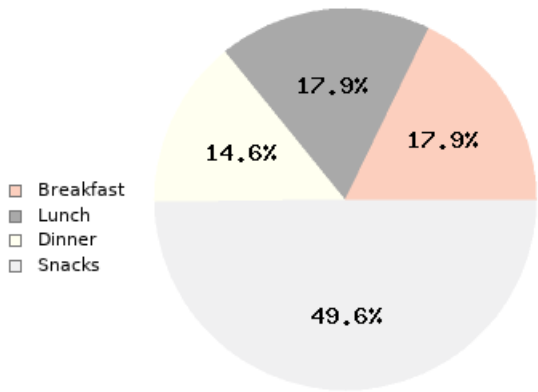
chicken thigh meat	1623
Calcium Citrate, Caramel Bariatric Advantage	1035
eggs	1007
Pork Chop, Center Cut Chops Giant	987
salmon	966
Steaks, Pork Butt Unknown	806
Grade A Large Eggs, Organic Kirkland Signature	770
pork chops	743
Applewood Smoked Master Carve Boneless Half Ham Ki	672
Eggs, Extra Large Brown, Cage Free Harris Teeter	640

Highest in Protein

chicken thigh meat	240
chicken breasts	110
salmon	104
Pork Chop, Center Cut Chops Giant	103
pork chops	91
Applewood Smoked Master Carve Boneless Half Ham Ki	90
eggs	88
Chuck Tender Steak Giant	85
Steaks, Pork Butt Unknown	77
Turkey Breast, Oven Roasted Kentucky Legend	77

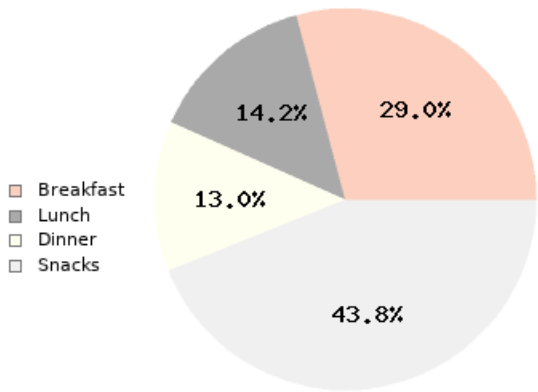
CARBOHYDRATES

Last 30 Days



SUGAR

Last 30 Days



Highest in Carbohydrates

Calcium Citrate, Caramel Bariatric Advantage	276
Blackberries Dole	93
Sweet Tomato Sunset	91
Calcium Citrate Chewy Bite Bariatric Advantage	84
Raspberries Driscoll's	72
Stringless Sugar Snap Peas Mann's	71
lima bean soup	56
cherries	54
sweet peas	50
Brown Sugar Smoked Ham Kentucky Legend	41

Highest in Sugar

Sweet Tomato Sunset	57
Blackberries Dole	47
cherries	43
Stringless Sugar Snap Peas Mann's	35
Brown Sugar Smoked Ham Kentucky Legend	31
Raspberries Driscoll's	24
Steak Strips, Original Lorissa's Kitchen	24
sweet peas	19
honeycrisp apple	17
Sunsweet Dried Plums, Pitted Prunes Kirkland Signa	15

2020-08-29



Breakfast		202
Angel Sweet Tomatoes	0 protein, 2 Carbs, 1 Sugar, 0 Fat, 6 Serving Size	9 Cal
eggs	8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
One Sweet Pepper	0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
green onion	0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	3 Cal
Turkey Breast, Oven Roasted	18 protein, 3 Carbs, 1 Sugar, 1 Fat, 3 Serving Size	90 Cal

Lunch		250
zoes kitchen roasted veggies	1 protein, 4 Carbs, 2 Sugar, 3 Fat, 2 Serving Size	40 Cal
salmon	13 protein, 0 Carbs, 0 Sugar, 7 Fat, 2 Serving Size	117 Cal
chicken breasts	18 protein, 0 Carbs, 0 Sugar, 2 Fat, 2 Serving Size	94 Cal

Dinner		298
Side of Potato Salad	2 protein, 14 Carbs, 1 Sugar, 10 Fat, 3 Serving Size	144 Cal
chicken breasts	29 protein, 0 Carbs, 0 Sugar, 3 Fat, 3.3 Serving Size	154 Cal

Snacks

45

Calcium Citrate Chewy Bite

0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

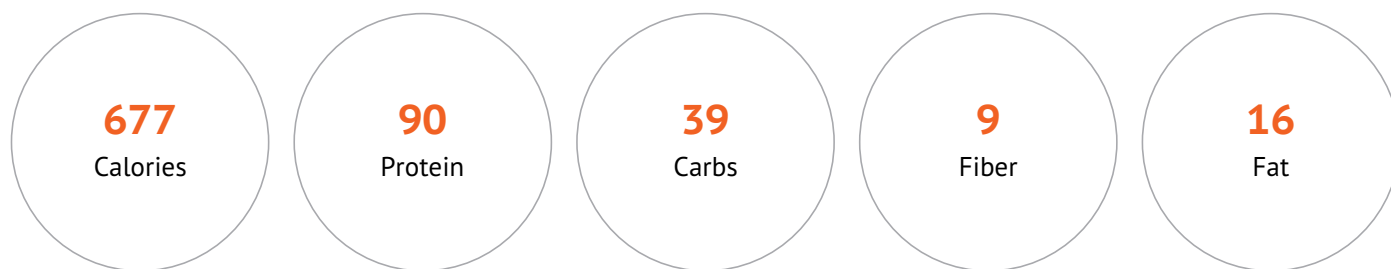
128 Oz

Exercise

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Strength

2020-08-28



Breakfast	202
Turkey Breast, Oven Roasted 18 protein, 3 Carbs, 1 Sugar, 1 Fat, 3 Serving Size	90 Cal
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	3 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Angel Sweet Tomatoes 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 6 Serving Size	9 Cal

Lunch	138
Stir Fry Vegetables, Pepper Stir 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 0.3 Serving Size	8 Cal
Chuck Tender Steak 21 protein, 0 Carbs, 0 Sugar, 4 Fat, 4 Serving Size	130 Cal

Dinner	240
Stir Fry Vegetables, Pepper Stir 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	25 Cal
chicken breasts 40 protein, 0 Carbs, 0 Sugar, 5 Fat, 4.6 Serving Size	215 Cal

Snacks	97
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Raspberries

1 protein, 12 Carbs, 4 Sugar, 1 Fat, 1 Serving Size

52 Cal

Calcium Citrate Chewy Bite

0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

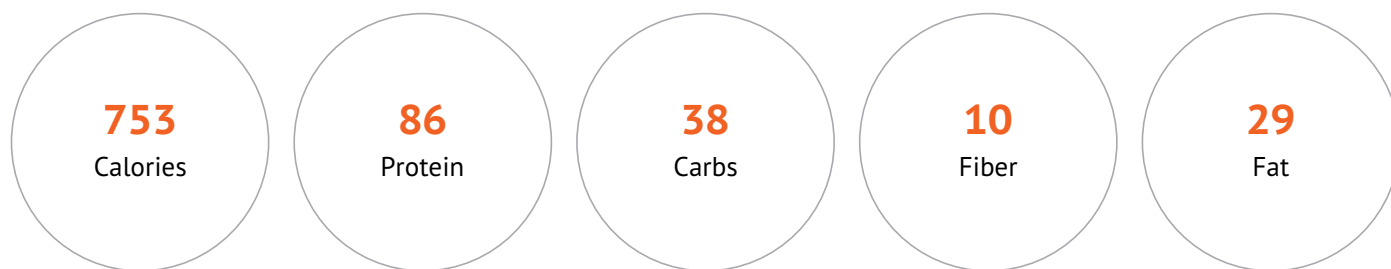
112 Oz

Exercise

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Strength

2020-08-27



Breakfast	211
Angel Sweet Tomatoes 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 6 Serving Size	9 Cal
grass fed filet mignon 13 protein, 0 Carbs, 0 Sugar, 5 Fat, 2.3 Serving Size	99 Cal
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	3 Cal
Lunch	158
Stir Fry Vegetables, Pepper Stir 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	25 Cal
Wild Yellowfin Tuna Steaks 32 protein, 0 Carbs, 0 Sugar, 1 Fat, 3.8 Serving Size	133 Cal
Dinner	280
feta cheese 8 protein, 2 Carbs, 2 Sugar, 12 Fat, 2 Serving Size	150 Cal
Chuck Tender Steak 21 protein, 0 Carbs, 0 Sugar, 4 Fat, 4 Serving Size	130 Cal
Snacks	105

Blackberries

2 protein, 14 Carbs, 7 Sugar, 1 Fat, 1 Serving Size

60 Cal

Calcium Citrate Chewy Bite

0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

128 Oz

Exercise

-

Strength

2020-08-26



Breakfast		213
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size		3 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size		10 Cal
Brown Sugar Smoked Ham 13 protein, 7 Carbs, 6 Sugar, 3 Fat, 2.8 Serving Size		110 Cal
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size		90 Cal
Lunch		177
cauliflower 2 protein, 4 Carbs, 2 Sugar, 0 Fat, 6 Serving Size		25 Cal
Wild Yellowfin Tuna Steaks 37 protein, 0 Carbs, 0 Sugar, 1 Fat, 4.4 Serving Size		152 Cal
Dinner		210
sauteed mushrooms 1 protein, 2 Carbs, 1 Sugar, 3 Fat, 0.3 Serving Size		38 Cal
grass fed filet mignon 23 protein, 0 Carbs, 0 Sugar, 9 Fat, 4 Serving Size		172 Cal
Snacks		105
Blackberries 2 protein, 14 Carbs, 7 Sugar, 1 Fat, 1 Serving Size		60 Cal

Calcium Citrate Chewy Bite
0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

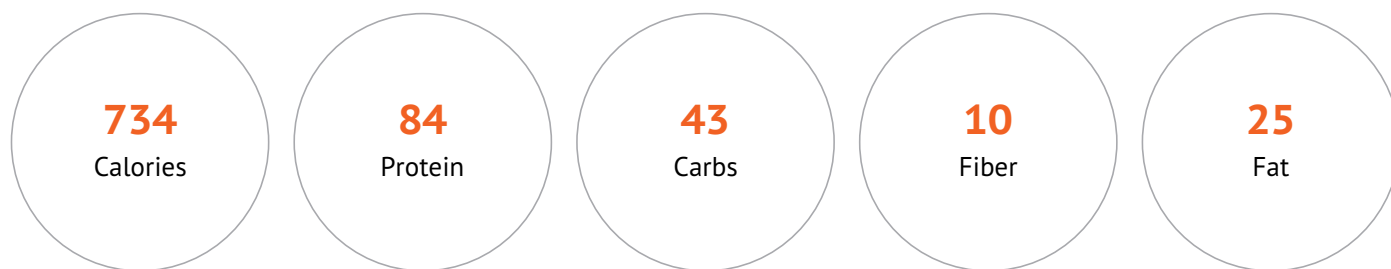
128 Oz

Exercise

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Strength

2020-08-25



Breakfast		225
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size		3 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size		10 Cal
Sweet Tomato 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 0.5 Serving Size		22 Cal
Brown Sugar Smoked Ham 12 protein, 7 Carbs, 5 Sugar, 3 Fat, 2.5 Serving Size		100 Cal
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size		90 Cal
Lunch		180
Stringless Sugar Snap Peas 2 protein, 5 Carbs, 2 Sugar, 0 Fat, 0.8 Serving Size		26 Cal
Wild-Caught Sockeye Salmon Fillets 26 protein, 0 Carbs, 0 Sugar, 5 Fat, 4.1 Serving Size		154 Cal
Dinner		232
chicken thigh meat 34 protein, 0 Carbs, 0 Sugar, 11 Fat, 5 Serving Size		232 Cal
Snacks		97
Raspberries 1 protein, 12 Carbs, 4 Sugar, 1 Fat, 1 Serving Size		52 Cal

Calcium Citrate Chewy Bite
0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

128 Oz

Exercise

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Strength

2020-08-24



Breakfast	229
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Brown Sugar Smoked Ham 12 protein, 7 Carbs, 5 Sugar, 3 Fat, 2.6 Serving Size	104 Cal
Sweet Tomato 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 0.5 Serving Size	22 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	3 Cal

Lunch	356
asparagus 1 protein, 2 Carbs, 1 Sugar, 0 Fat, 3 Serving Size	10 Cal
beef short rib 29 protein, 0 Carbs, 0 Sugar, 26 Fat, 4 Serving Size	346 Cal

Dinner	171
Pork Chop, Center Cut Chops 13 protein, 0 Carbs, 0 Sugar, 8 Fat, 2.3 Serving Size	127 Cal
feta cheese 2 protein, 1 Carbs, 1 Sugar, 4 Fat, 0.6 Serving Size	45 Cal

Snacks	107
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Blackberries

2 protein, 14 Carbs, 7 Sugar, 1 Fat, 1 Serving Size

62 Cal

Calcium Citrate Chewy Bite

0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size

45 Cal

Water

136 Oz

Exercise

-

Strength

2020-08-23



Breakfast	245
green onion 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	3 Cal
One Sweet Pepper 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
Sweet Tomato 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 0.5 Serving Size	22 Cal
Brown Sugar Smoked Ham 14 protein, 8 Carbs, 6 Sugar, 3 Fat, 3 Serving Size	120 Cal
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal

Lunch	255
Stringless Sugar Snap Peas 2 protein, 6 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	35 Cal
Pork Chop, Center Cut Chops 23 protein, 0 Carbs, 0 Sugar, 14 Fat, 4 Serving Size	220 Cal

Dinner	300
Pecorino Romano 4 protein, 0 Carbs, 0 Sugar, 5 Fat, 0.5 Serving Size	55 Cal
cauliflower 2 protein, 4 Carbs, 2 Sugar, 0 Fat, 6 Serving Size	25 Cal
Pork Chop, Center Cut Chops 23 protein, 0 Carbs, 0 Sugar, 14 Fat, 4 Serving Size	220 Cal

Snacks	97
Raspberries 1 protein, 12 Carbs, 4 Sugar, 1 Fat, 1 Serving Size	52 Cal
Calcium Citrate Chewy Bite 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size	45 Cal

Water
120 Oz

Exercise	-
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Strength
