

Baritastic Report

Name
Darius Stangu

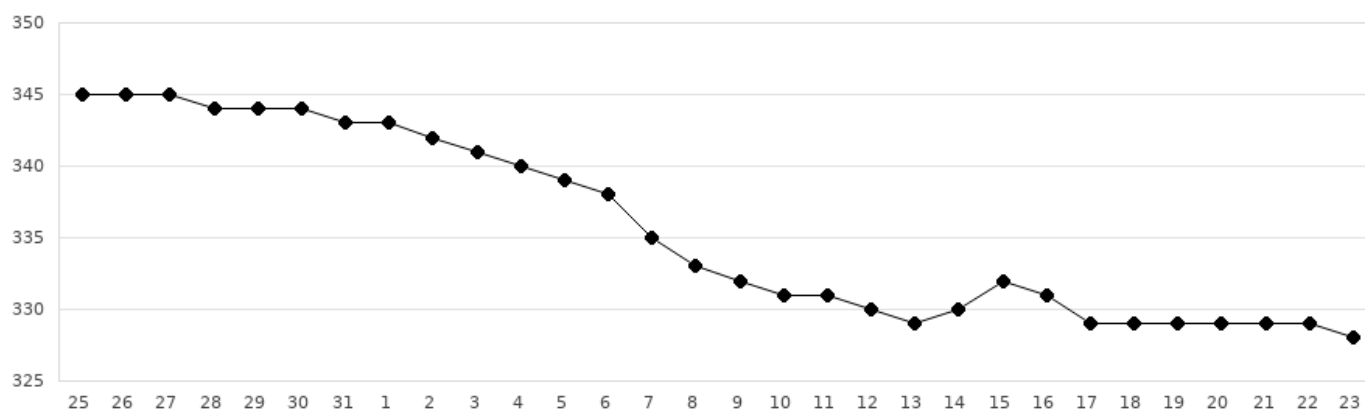
Surgery Date	App Download Date	Surgery Type	Days Since Surgery
20-May-2020	09-May-2020	Sleeve Gastrectomy	96

WEIGHT

Average Monthly Weight Loss	30
Average Monthly Weight Loss Since Surgery	22
Current Weight	328
Target Weight	218
LBS to Goal	110

Weight Last 30 Days

Weight 



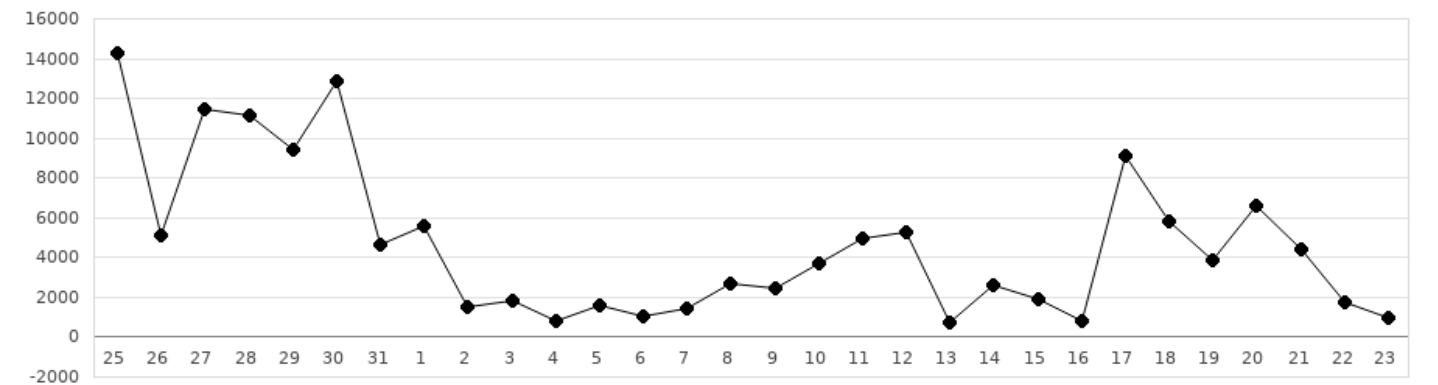
EXERCISE

Average Daily Steps*	4687
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

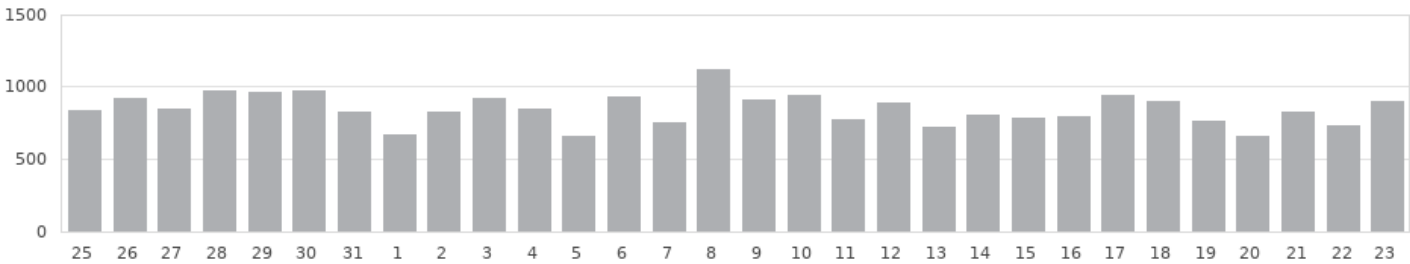
Total Days Food Logged	105
Days In A Row Food Logged	94
Average Daily Hunger * (1 low, 10 high)	0
Average Daily Happiness * (1 low, 10 high)	0
Average Daily BM's * (1 low, 10 high)	0

Average Daily Calories*	814
Average Daily Protein*	74
Average Daily Fiber*	6
Average Daily Carbohydrate*	49
Average Net Carbs*	43
Average Daily Sugar*	16
Average Daily Fat*	35
Average Daily Water*	111

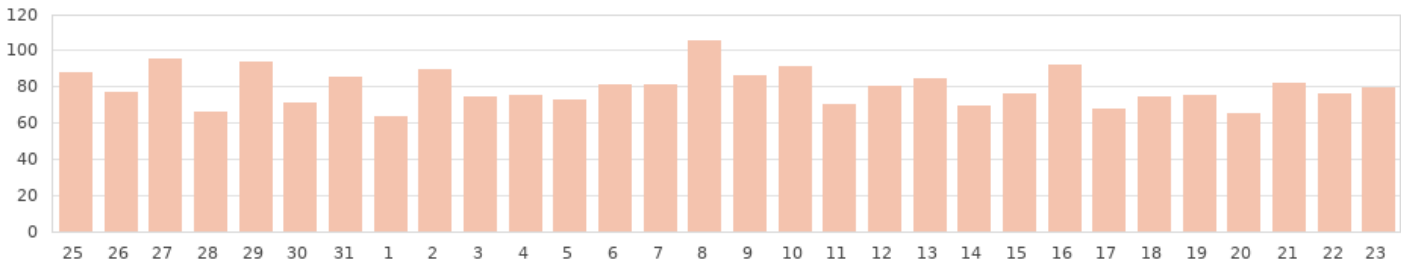
* last 7 days

Calories last 30 days

Calories 

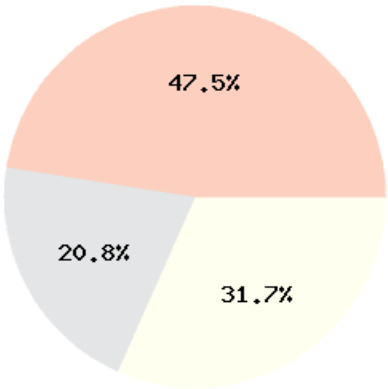


Protein last 30 days



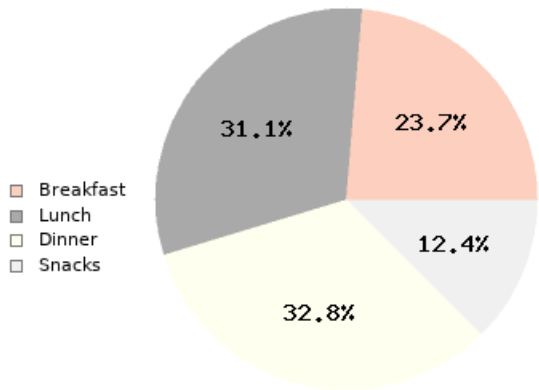
Macronutrient % last 30 days

-  Protein
-  Fat
-  Carbs



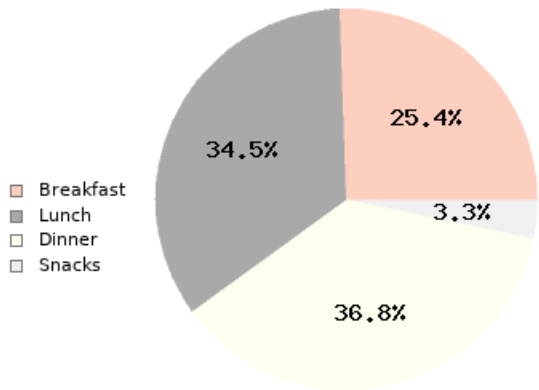
CALORIES

Last 30 Days



PROTEIN

Last 30 Days



Highest in Calories

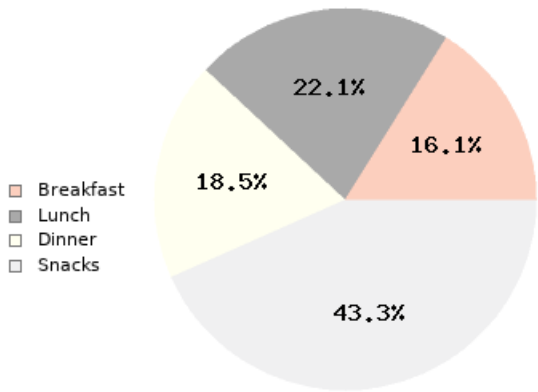
chicken thigh meat	1390
Calcium Citrate, Caramel Bariatric Advantage	1305
salmon	1083
Pork Chop, Center Cut Chops Giant	861
Steaks, Pork Butt Unknown	806
Grade A Large Eggs, Organic Kirkland Signature	770
pork chops	743
Applewood Smoked Master Carve Boneless Half Ham Ki	672
Eggs, Extra Large Brown, Cage Free Harris Teeter	640
Brown Eggs, Jumbo Grade A Sunups	630

Highest in Protein

chicken thigh meat	205
salmon	116
pork chops	91
Pork Chop, Center Cut Chops Giant	90
Applewood Smoked Master Carve Boneless Half Ham Ki	90
Steaks, Pork Butt Unknown	77
chicken breasts	67
Grade A Large Eggs, Organic Kirkland Signature	66
pork chop	65
Mahi Mahi, Skinless Boneless Fillet Trader Joe's	63

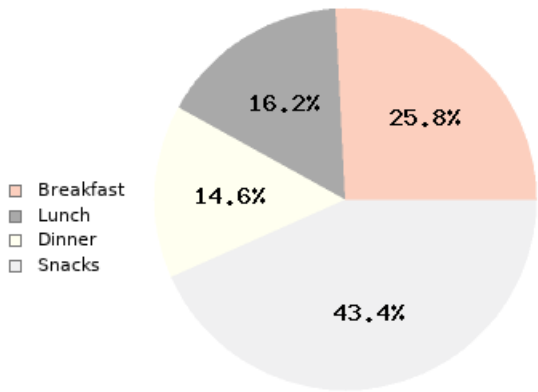
CARBOHYDRATES

Last 30 Days



SUGAR

Last 30 Days



Highest in Carbohydrates

Calcium Citrate, Caramel Bariatric Advantage	348
Sweet Tomato Sunset	82
Stringless Sugar Snap Peas Mann's	66
fried calamari	61
Raspberries Driscoll's	60
lima bean soup	56
cherries	54
veal schnitzel	52
Blackberries Driscoll's	51
sweet peas	50

Highest in Sugar

Sweet Tomato Sunset	51
cherries	43
Stringless Sugar Snap Peas Mann's	33
Blackberries Driscoll's	26
Steak Strips, Original Lorissa's Kitchen	24
Raspberries Driscoll's	20
sweet peas	19
honeycrisp apple	17
Sunsweet Dried Plums, Pitted Prunes Kirkland Signa	15
Brown Sugar Smoked Ham Kentucky Legend	15

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

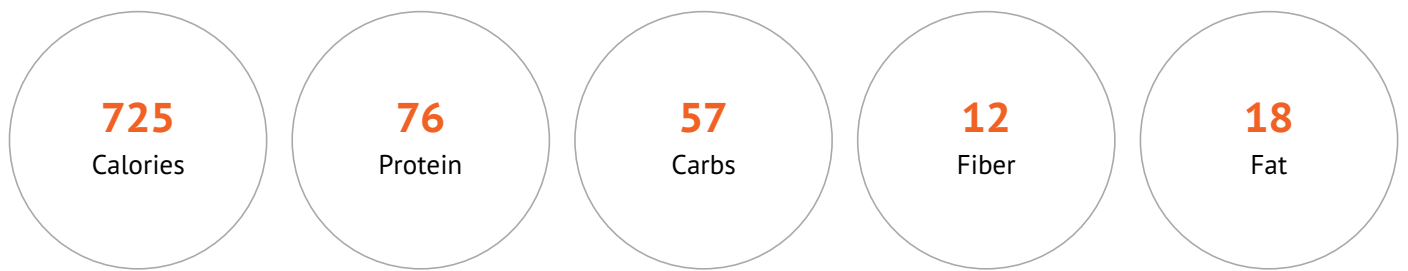
Snacks	97
Raspberries 1 protein, 12 Carbs, 4 Sugar, 1 Fat, 1 Serving Size	52 Cal
Calcium Citrate Chewy Bite 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size	45 Cal

Water
120 Oz

Exercise	-
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Strength

2020-08-22



Breakfast	205
eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Brown Sugar Smoked Ham 9 protein, 5 Carbs, 4 Sugar, 2 Fat, 2 Serving Size	80 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	168
Chuck Tender Steak 22 protein, 0 Carbs, 0 Sugar, 4 Fat, 4.1 Serving Size	133 Cal
Stringless Sugar Snap Peas 2 protein, 6 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	35 Cal
Dinner	155
Stir Fry Vegetables, Pepper Stir 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	25 Cal
Chuck Tender Steak 21 protein, 0 Carbs, 0 Sugar, 4 Fat, 4 Serving Size	130 Cal
Snacks	197

Steak Strips, Original

10 protein, 7 Carbs, 6 Sugar, 1 Fat, 1 Serving Size

90 Cal

Blackberries

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

62 Cal

Calcium Citrate, Caramel

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

45 Cal

Water

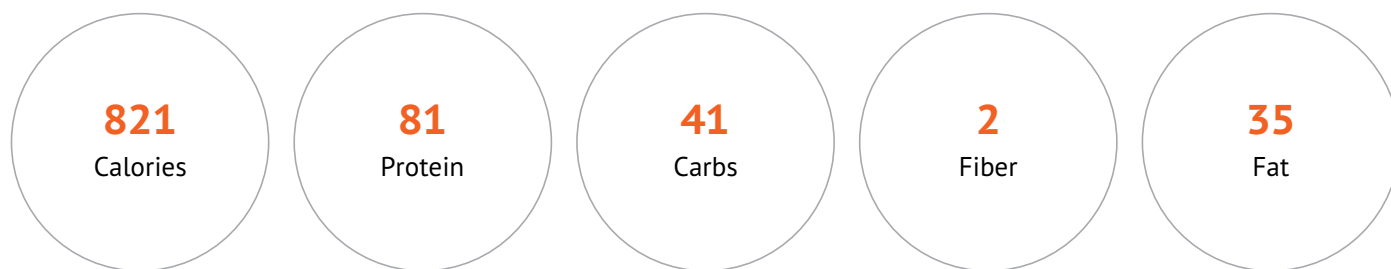
136 Oz

Exercise

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Strength

2020-08-21



Breakfast		206
2% Reduced Fat Milk 1 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size		8 Cal
coffee 0 protein, 0 Carbs, 0 Sugar, 0 Fat, 0.5 Serving Size		1 Cal
eggs 13 protein, 1 Carbs, 0 Sugar, 10 Fat, 2 Serving Size		143 Cal
Ham Steak, Our Traditional 10 protein, 1 Carbs, 1 Sugar, 1 Fat, 2 Serving Size		53 Cal

Lunch		272
Green Beans, Cleaned and Cut, French 1 protein, 2 Carbs, 1 Sugar, 0 Fat, 0.3 Serving Size		12 Cal
fried cod 21 protein, 9 Carbs, 0 Sugar, 15 Fat, 4 Serving Size		260 Cal

Dinner		159
blue crab 34 protein, 0 Carbs, 0 Sugar, 1 Fat, 4 Serving Size		159 Cal

Snacks		184
Calcium Citrate, Caramel 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size		45 Cal
ice cream 2 protein, 16 Carbs, 14 Sugar, 7 Fat, 1 Serving Size		137 Cal

espresso

0 protein, 0 Carbs, 0 Sugar, 0 Fat, 1 Serving Size

3 Cal

Water

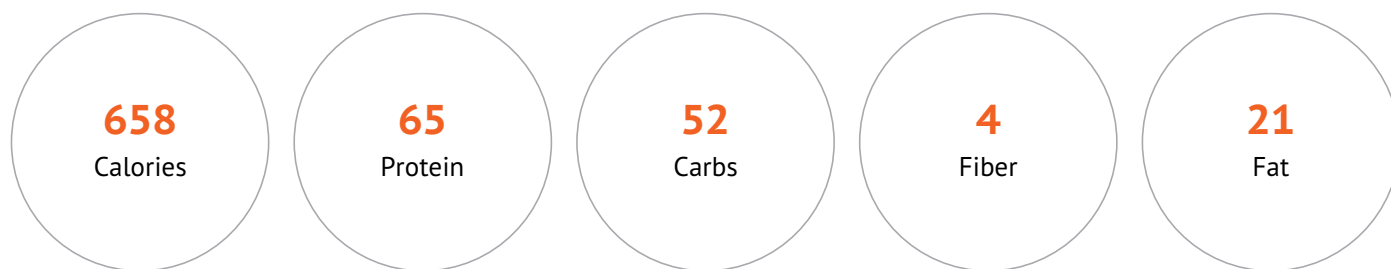
120 Oz

Exercise

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Strength

2020-08-20



Breakfast	202
hash brown 1 protein, 8 Carbs, 0 Sugar, 5 Fat, 1 Serving Size	77 Cal
Ham Steak, Our Traditional 10 protein, 1 Carbs, 1 Sugar, 1 Fat, 2 Serving Size	53 Cal
eggs 6 protein, 0 Carbs, 0 Sugar, 5 Fat, 1 Serving Size	72 Cal
Lunch	80
Beef Jerky Peppered 11 protein, 7 Carbs, 6 Sugar, 1 Fat, 1 Serving Size	80 Cal
Dinner	221
sour cream 0 protein, 1 Carbs, 0 Sugar, 2 Fat, 1 Serving Size	24 Cal
Green Beans, Cleaned and Cut, French 3 protein, 7 Carbs, 3 Sugar, 0 Fat, 1 Serving Size	40 Cal
halibut 32 protein, 0 Carbs, 0 Sugar, 2 Fat, 5 Serving Size	157 Cal
Snacks	155
Calcium Citrate, Caramel 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size	45 Cal
XX Espresso, Iced Coffee with Almond Milk, Soy Free, Dairy Free 2 protein, 17 Carbs, 13 Sugar, 5 Fat, 10.5 Serving Size	110 Cal

Water

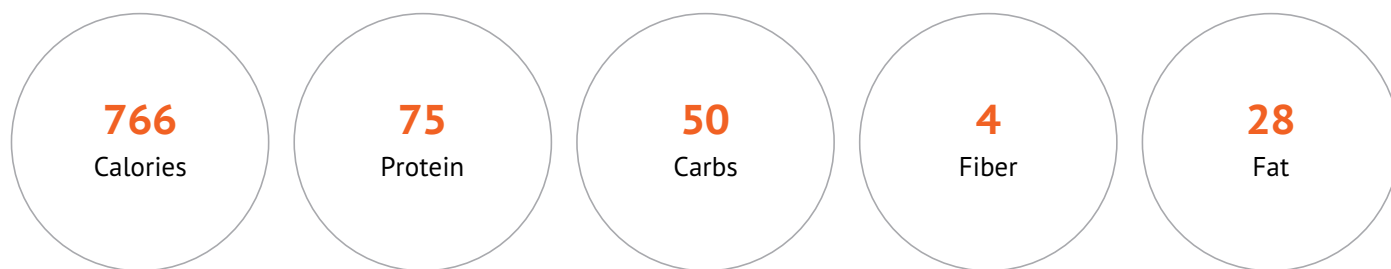
88 Oz

Exercise



Strength

2020-08-19



Breakfast	196
Wild Wonders Gourmet Medley 1 protein, 5 Carbs, 4 Sugar, 0 Fat, 8 Serving Size	24 Cal
eggs 6 protein, 0 Carbs, 0 Sugar, 5 Fat, 1 Serving Size	72 Cal
Brown Sugar Smoked Ham 12 protein, 7 Carbs, 5 Sugar, 3 Fat, 2.5 Serving Size	100 Cal

Lunch	225
green salad 1 protein, 4 Carbs, 2 Sugar, 0 Fat, 1 Serving Size	20 Cal
wrap 2 protein, 14 Carbs, 0 Sugar, 2 Fat, 0.5 Serving Size	80 Cal
rockfish 24 protein, 0 Carbs, 0 Sugar, 3 Fat, 1 Serving Size	125 Cal

Dinner	300
andouille 2 protein, 0 Carbs, 0 Sugar, 4 Fat, 0.5 Serving Size	44 Cal
shrimp 1 protein, 0 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	6 Cal
pork chops 22 protein, 0 Carbs, 0 Sugar, 9 Fat, 3 Serving Size	178 Cal
calamari 4 protein, 8 Carbs, 0 Sugar, 3 Fat, 3 Serving Size	73 Cal

Snacks

45

Calcium Citrate, Caramel

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

45 Cal

Water

120 Oz

Exercise

-

Strength

2020-08-18



Breakfast	200
Just Crack an Egg, Denver Scramble Kit 15 protein, 6 Carbs, 1 Sugar, 13 Fat, 1 Serving Size	200 Cal

Lunch	328
fried cod 5 protein, 2 Carbs, 0 Sugar, 4 Fat, 1 Serving Size	65 Cal
hot wings 14 protein, 8 Carbs, 0 Sugar, 20 Fat, 3 Serving Size	263 Cal

Dinner	240
steamed veggies 2 protein, 10 Carbs, 4 Sugar, 0 Fat, 1 Serving Size	45 Cal
swordfish 27 protein, 0 Carbs, 0 Sugar, 9 Fat, 4 Serving Size	195 Cal

Snacks	125
Beef Jerky Peppered 11 protein, 7 Carbs, 6 Sugar, 1 Fat, 1 Serving Size	80 Cal
Calcium Citrate, Caramel 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size	45 Cal

Water
104 Oz

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Exercise



Strength

2020-08-17



Breakfast	165
Boneless Pork Chops 9 protein, 3 Carbs, 2 Sugar, 3 Fat, 2 Serving Size	73 Cal
Grade A Large Eggs, Organic 6 protein, 0 Carbs, 0 Sugar, 5 Fat, 1 Serving Size	70 Cal
Sweet Tomato 1 protein, 5 Carbs, 3 Sugar, 0 Fat, 0.5 Serving Size	22 Cal
Lunch	342
chicken tenders 21 protein, 22 Carbs, 0 Sugar, 19 Fat, 4 Serving Size	342 Cal
Dinner	351
ny strip 29 protein, 0 Carbs, 0 Sugar, 25 Fat, 4 Serving Size	351 Cal
Snacks	79
whipped cream 0 protein, 1 Carbs, 1 Sugar, 3 Fat, 4 Serving Size	31 Cal
espresso 0 protein, 0 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Calcium Citrate, Caramel 0 protein, 12 Carbs, 0 Sugar, 0 Fat, 3 Serving Size	45 Cal
Water	

88 Oz

Exercise



Strength