

Baritastic Report

Name
Darius Stangu

Surgery Date
20-May-2020

App Download Date
09-May-2020

Surgery Type
Sleeve Gastrectomy

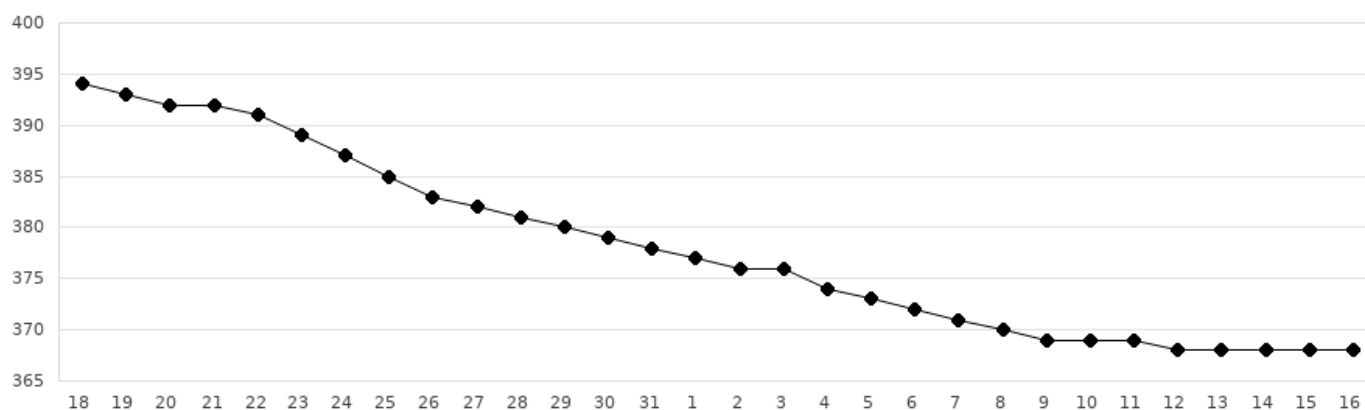
Days Since Surgery
28

WEIGHT

Average Monthly Weight Loss	52
Average Monthly Weight Loss Since Surgery	0
Current Weight	366
Target Weight	218
LBS to Goal	148

Weight Last 30 Days

Weight 



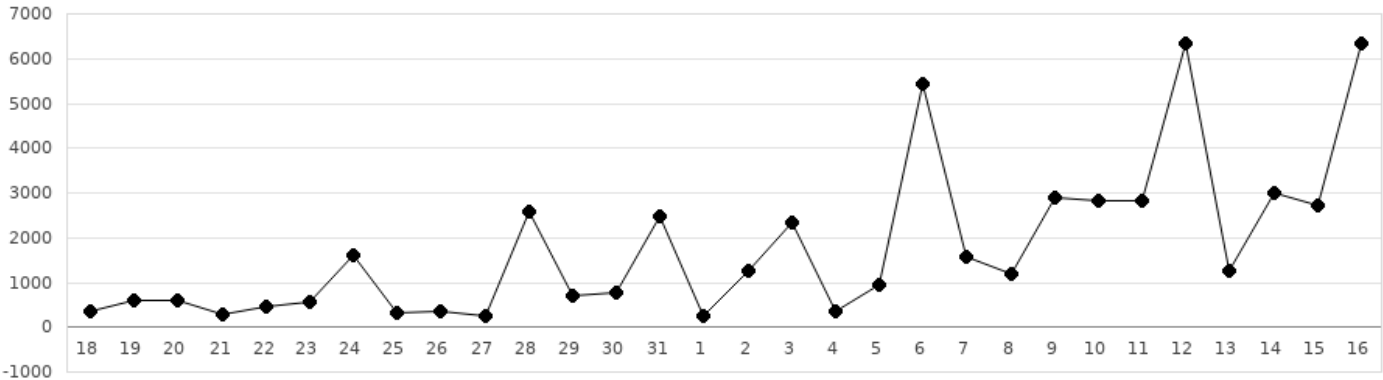
EXERCISE

Average Daily Steps*	1786
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	600
Protein	65
Carbohydrates	0
Fat	0
Fiber	0
Sugar	0
Water	64.00

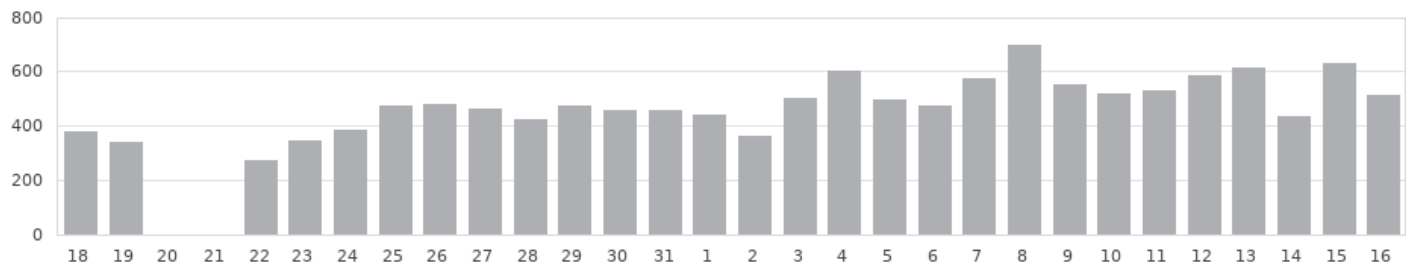
Total Days Food Logged	38
Days In A Row Food Logged	26
Average Daily Hunger * (1 low, 10 high)	0
Average Daily Happiness * (1 low, 10 high)	0
Average Daily BM's * (1 low, 10 high)	0

Average Daily Calories*	544
Average Daily Protein*	84
Average Daily Fiber*	6
Average Daily Carbohydrate*	22
Average Net Carbs*	16
Average Daily Sugar*	8
Average Daily Fat*	19
Average Daily Water*	77

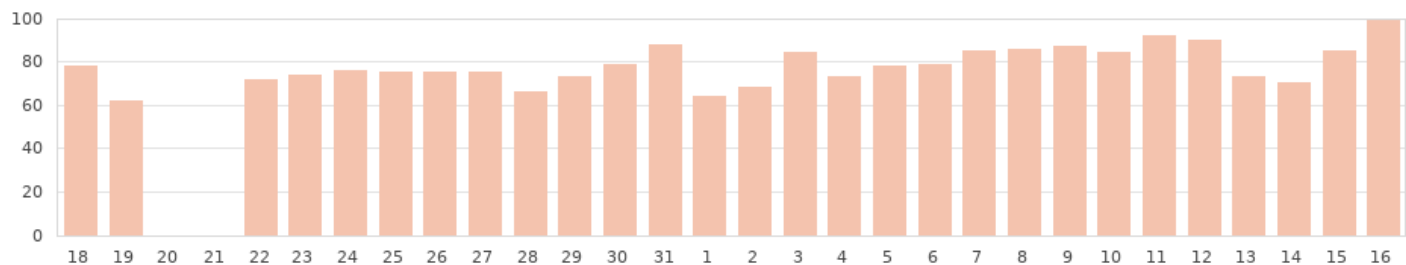
* last 7 days

Calories last 30 days

Calories 

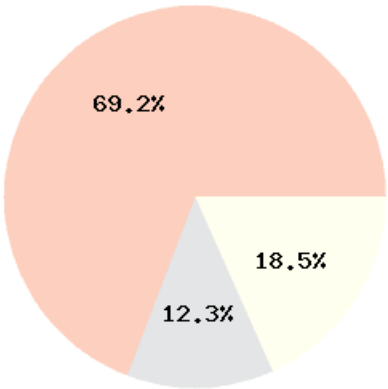


Protein last 30 days



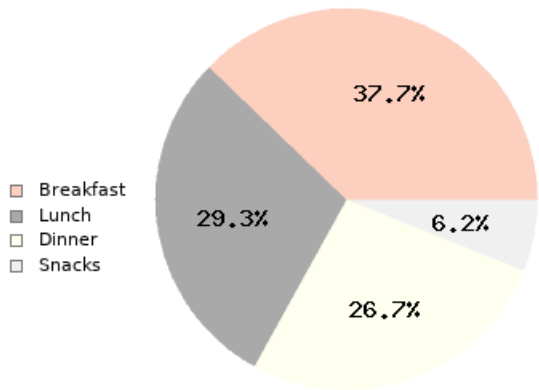
Macronutrient % last 30 days

-  Protein
-  Fat
-  Carbs



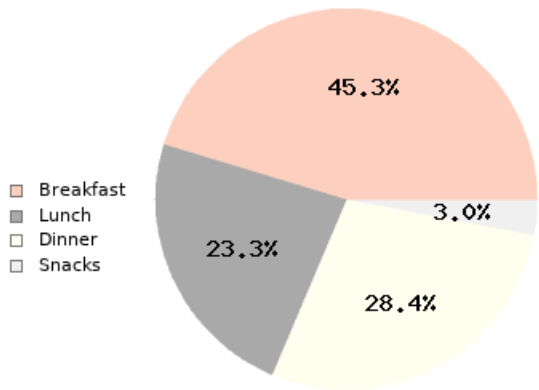
CALORIES

Last 30 Days



PROTEIN

Last 30 Days



Highest in Calories

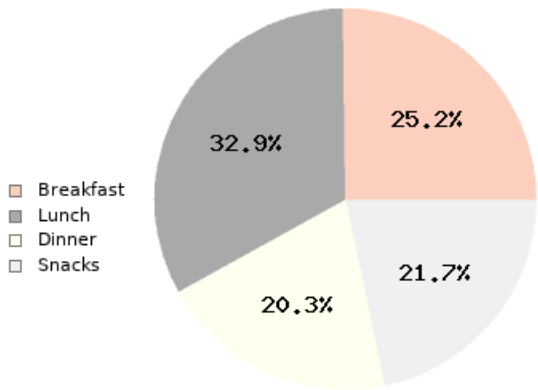
Next Generation Protein, Flavorless GenePro	1027
Grade A Jumbo Eggs Unknown	990
Protein Shake, Caramel Premier Protein	960
Max Protein, Milk Chocolate Ensure	900
Cauliflower egg bites	703
Mushroom cream soup	644
Protein Shake, Cookies & Cream Premier Protein	640
Cream of chicken	588
roasted chicken	575
Ground Turkey Breast Harris Teeter	434

Highest in Protein

Next Generation Protein, Flavorless GenePro	525
Protein Shake, Caramel Premier Protein	180
Max Protein, Milk Chocolate Ensure	180
Protein Shake, Cookies & Cream Premier Protein	120
Ground Turkey Breast Harris Teeter	90
Grade A Jumbo Eggs Unknown	88
fresh cod	78
roasted chicken	62
Max Protein Nutrition Shake, Cafe Mocha Ensure	60
Pink Salmon Kirkland Signature	57

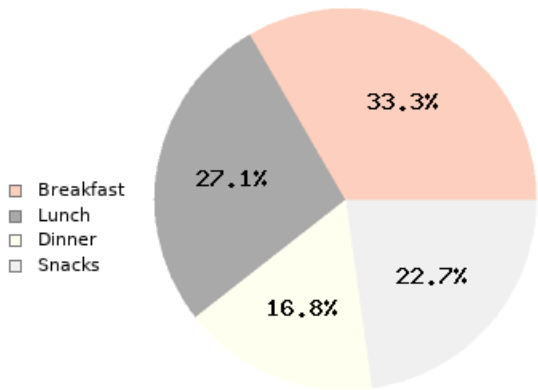
CARBOHYDRATES

Last 30 Days



SUGAR

Last 30 Days



Highest in Carbohydrates

Cream of chicken	44
Mushroom cream soup	44
Psyllium Fiber Supplement Metamucil	40
Organic Fat-Free Milk Horizon	37
Max Protein, Milk Chocolate Ensure	36
Refried Beans, Authentic Flavor, Fat Free La Prefe	32
Protein Shake, Caramel Premier Protein	30
Tuscan Bean Salad Summer Fresh	28
Vegetable Juice, Low Sodium Original V8	24
Smoothie1	23

Highest in Sugar

Organic Fat-Free Milk Horizon	34
Cream of chicken	20
Mushroom cream soup	20
Vegetable Juice, Low Sodium Original V8	20
Cauliflower egg bites	19
Smoothie1	16
Applesauce, Unsweetened Good & Gather	11
Next Generation Protein, Flavorless GenePro	11
Cottage Cheese, Lowfat, Small Curd Breakstone's	9
Protein Shake, Caramel Premier Protein	6

2020-06-16



Breakfast	205
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Ham Steak, Our Traditional 10 protein, 1 Carbs, 1 Sugar, 1 Fat, 2 Serving Size	53 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Next Generation Protein, Flavorless 30 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	59 Cal

Lunch	123
Garden Fresh Medley 0 protein, 3 Carbs, 1 Sugar, 0 Fat, 2 Serving Size	15 Cal
mahi 24 protein, 0 Carbs, 0 Sugar, 1 Fat, 3.5 Serving Size	108 Cal

Dinner	124
mahi 27 protein, 0 Carbs, 0 Sugar, 1 Fat, 4 Serving Size	124 Cal

Snacks	60
Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal
Vegetable Juice, Low Sodium Original 1 protein, 6 Carbs, 5 Sugar, 0 Fat, 1 Serving Size	30 Cal

Psyllium Fiber Supplement

0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size

15 Cal

Water

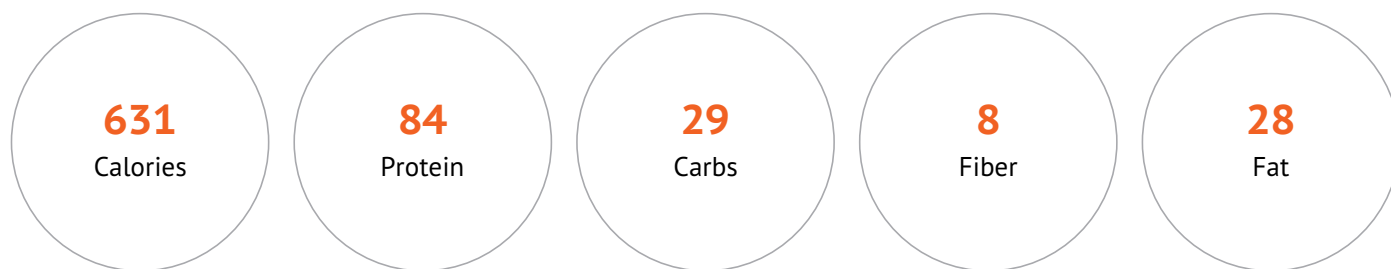
88 Oz

Exercise

-

Strength

2020-06-15



Breakfast	254
Hickory Smoked Ham 6 protein, 0 Carbs, 0 Sugar, 1 Fat, 1.2 Serving Size	36 Cal
Pecorino Romano 4 protein, 0 Carbs, 0 Sugar, 6 Fat, 0.6 Serving Size	67 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Next Generation Protein, Flavorless 30 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	59 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal

Lunch	227
Cauliflower egg bites 9 protein, 3 Carbs, 3 Sugar, 6 Fat, 3 Serving Size	111 Cal
chicken thigh meat 17 protein, 0 Carbs, 0 Sugar, 5 Fat, 2.5 Serving Size	116 Cal

Dinner	90
Cottage Cheese, Lowfat, Small Curd 8 protein, 4 Carbs, 4 Sugar, 2 Fat, 3 Serving Size	68 Cal
chicken broth 2 protein, 2 Carbs, 2 Sugar, 1 Fat, 1.5 Serving Size	22 Cal

Snacks	60
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Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal
Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal
popsicle sugar free tropicals 0 protein, 4 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal
Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal

Water
80 Oz

Exercise	-
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Strength

2020-06-14



Breakfast	206
Hickory Smoked Ham 8 protein, 0 Carbs, 0 Sugar, 1 Fat, 1.5 Serving Size	45 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Pecorino Romano 3 protein, 0 Carbs, 0 Sugar, 4 Fat, 10 Serving Size	39 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Next Generation Protein, Flavorless 15 protein, 0 Carbs, 0 Sugar, 0 Fat, 0.5 Serving Size	29 Cal

Lunch	106
fresh cod 18 protein, 0 Carbs, 0 Sugar, 1 Fat, 2.8 Serving Size	83 Cal
Garden Fresh Medley 1 protein, 4 Carbs, 2 Sugar, 0 Fat, 3 Serving Size	22 Cal

Dinner	104
Garden Fresh Medley 1 protein, 4 Carbs, 2 Sugar, 0 Fat, 3 Serving Size	22 Cal
Ground Turkey Breast 17 protein, 0 Carbs, 0 Sugar, 1 Fat, 2.5 Serving Size	81 Cal

Snacks	15
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Psyllium Fiber Supplement

0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size

15 Cal

Water

72 Oz

Exercise

-

Strength

2020-06-13



Breakfast	221
Hickory Smoked Ham 8 protein, 0 Carbs, 0 Sugar, 1 Fat, 1.5 Serving Size	45 Cal
Next Generation Protein, Flavorless 15 protein, 0 Carbs, 0 Sugar, 0 Fat, 0.5 Serving Size	29 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal
Pecorino Romano 3 protein, 0 Carbs, 0 Sugar, 4 Fat, 10 Serving Size	39 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal

Lunch	146
cooked parsnip 0 protein, 5 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	20 Cal
carrots cooked 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
chicken thigh meat 17 protein, 0 Carbs, 0 Sugar, 5 Fat, 2.5 Serving Size	116 Cal

Dinner	243
Psyllium Fiber Supplement 0 protein, 5 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	15 Cal

baked beans

3 protein, 12 Carbs, 5 Sugar, 0 Fat, 2 Serving Size

53 Cal

salmon baked

19 protein, 0 Carbs, 0 Sugar, 11 Fat, 3 Serving Size

175 Cal

Snacks

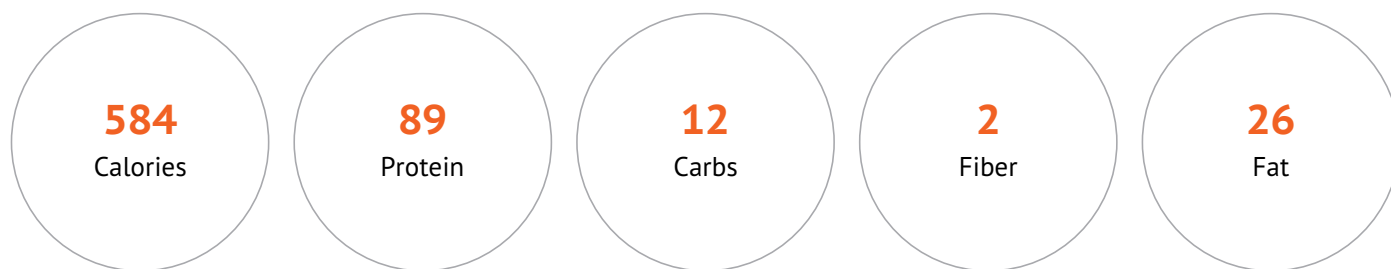
Water

72 Oz

Exercise

Strength

2020-06-12



Breakfast	196
Hickory Smoked Ham 8 protein, 0 Carbs, 0 Sugar, 1 Fat, 1.5 Serving Size	45 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Next Generation Protein, Flavorless 30 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	59 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal

Lunch	146
cooked parsnip 0 protein, 5 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	20 Cal
carrots cooked 0 protein, 2 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	10 Cal
chicken thigh meat 17 protein, 0 Carbs, 0 Sugar, 5 Fat, 2.5 Serving Size	116 Cal

Dinner	157
chicken liver 21 protein, 1 Carbs, 0 Sugar, 6 Fat, 3 Serving Size	142 Cal
sauteed onions 0 protein, 1 Carbs, 1 Sugar, 1 Fat, 1 Serving Size	15 Cal

Snacks	84
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deviled egg

3 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size

69 Cal

chicken broth

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

15 Cal

Water

64 Oz

Exercise

-

Strength

2020-06-11



Breakfast	196
Hickory Smoked Ham 8 protein, 0 Carbs, 0 Sugar, 1 Fat, 1.5 Serving Size	45 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Next Generation Protein, Flavorless 30 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	59 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Lunch	157
sauteed onions 0 protein, 1 Carbs, 1 Sugar, 1 Fat, 1 Serving Size	15 Cal
chicken liver 21 protein, 1 Carbs, 0 Sugar, 6 Fat, 3 Serving Size	142 Cal
Dinner	145
Refried Beans, Authentic Flavor, Fat Free 4 protein, 11 Carbs, 0 Sugar, 0 Fat, 2 Serving Size	50 Cal
fresh cod 21 protein, 0 Carbs, 0 Sugar, 1 Fat, 3.2 Serving Size	95 Cal
Snacks	30
Vegetable Juice, Low Sodium Original 1 protein, 6 Carbs, 5 Sugar, 0 Fat, 1 Serving Size	30 Cal

Water

80 Oz

Exercise



Strength

2020-06-10



Breakfast	196
Cottage Cheese, Lowfat, Small Curd 5 protein, 3 Carbs, 3 Sugar, 1 Fat, 2 Serving Size	45 Cal
Grade A Jumbo Eggs 8 protein, 0 Carbs, 0 Sugar, 6 Fat, 1 Serving Size	90 Cal
Next Generation Protein, Flavorless 30 protein, 1 Carbs, 1 Sugar, 0 Fat, 1 Serving Size	59 Cal
decaf espresso 0 protein, 1 Carbs, 0 Sugar, 0 Fat, 1 Serving Size	3 Cal
Lunch	150
Soup, Philly-Style Cheesesteak 3 protein, 6 Carbs, 1 Sugar, 5 Fat, 0.5 Serving Size	75 Cal
Pink Salmon 15 protein, 0 Carbs, 0 Sugar, 1 Fat, 2.5 Serving Size	75 Cal
Dinner	118
cooked spinach 3 protein, 3 Carbs, 0 Sugar, 0 Fat, 0.5 Serving Size	21 Cal
Ground Turkey Breast 20 protein, 0 Carbs, 0 Sugar, 1 Fat, 3 Serving Size	98 Cal
Snacks	50
Applesauce, Unsweetened 0 protein, 12 Carbs, 11 Sugar, 0 Fat, 2.5 Serving Size	50 Cal

Water

80 Oz

Exercise



Strength