

General data

Patient:
Birthdate: 23/03/1986
Age: 35
Gender: M

General notes

Body Weight Target: to lose 3.9 kg of FM.
Notices
Avoid cold cuts, sausages, aged cheeses and minimize the use of salt.
Follow the schedule.

Nutritional sequence - Giovedi

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Cereals and dried fruit (muesli)
Fat-Free Natural yogurt (1 jar)
Orange-based drink
Sweetened coffee (1 small cup)

From 11:00 to 12:00

Melcalin MgK (1 stick)

From 14:00 to 15:00

Tuna
Avocado
Egg pasta
Fish (small portion)
Sweetened coffee (1 small cup)

From 18:00 to 19:00

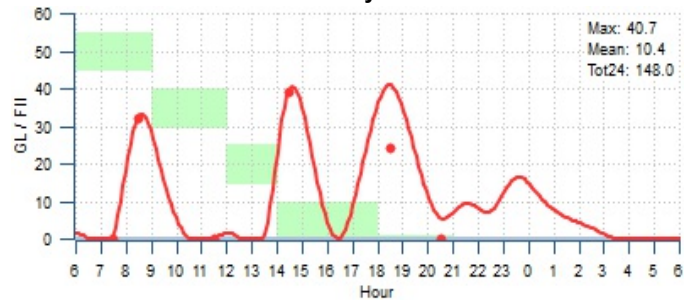
Fat-Free Natural yogurt (1 jar)
Cereals and dried fruit (muesli)
Honey (2 teaspoons)
Hazelnut

From 20:00 to 21:00

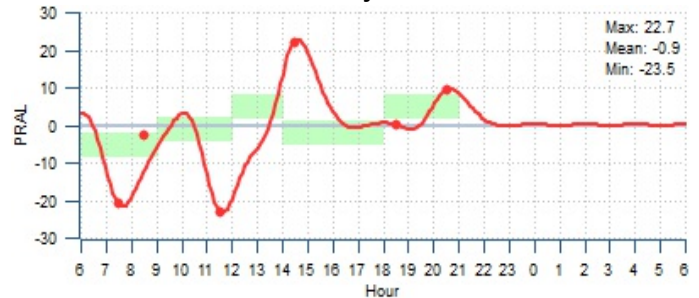
Red meat

Daily water intake: from 2 to 2.5 lt

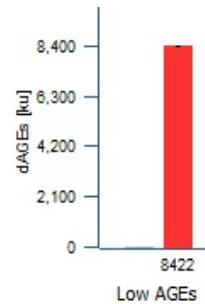
GL / FI daily trend



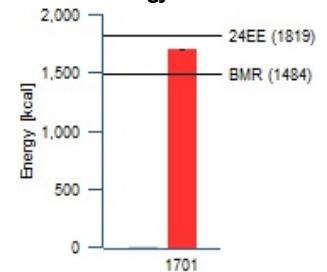
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.99 g/kg FFM
1.51 g/kg BW

fiRQ: 0.83 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating
Melcalin HOPs (2 capsules) from 21:00 to 22:00

- ⚠ The daily water intake is below the advised minimum.
- ⚠ Modulate the glycemic load from 07:00 to 08:00, from 11:00 to 12:00, from 14:00 to 15:00, from 18:00 to 19:00.
- ⚠ Reduce night FI.
- ⚠ The following foods are processed industrially: Cereals and dried fruit (muesli), Orange-based drink.

Water supplied by food: 0.8 lt

Carbohydrates	Quantity
Carbohydrates (g)	191.8
Starch (g)	min 94.1
Sugars (g)	min 77.4

Fibers	Quantity
Fibers (g)	min 11.8
Soluble fibers (g)	min 0.0
Insoluble fibers (g)	min 0.0
S/I ratio (%)	ND

Proteins	Quantity
Proteins (g)	102.9

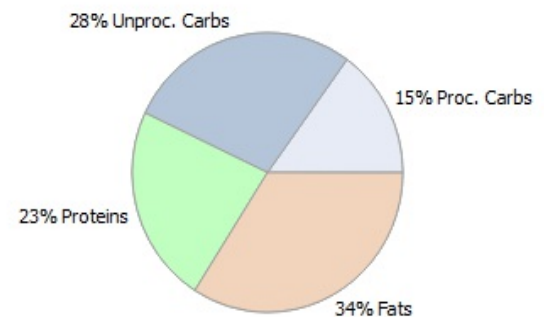
Lipids	Quantity
Lipids (g)	64.3
Saturated fatty acids (g)	13.9
Unsaturated fatty acids (g)	38.4
Monounsaturated fatty acids (g)	33.0
Polyunsaturated fatty acids (g)	5.4
Cholesterol (mg)	307.6

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	215.7	200	-
Vitamin B3 (Niacin) (mg)	32.8	16	-
Vitamin B2 (Riboflavin) (mg)	2.0	1.4	-
Vitamin B1 (Thiamine) (mg)	1.4	1.1	-
Vitamin B6 (Pyridoxine) (mg)	3.5	1.4	25
Vitamin B12 (µg)	19.5	2.5	-
Vitamin C (Ascorbic acid) (mg)	25.7	80	2000

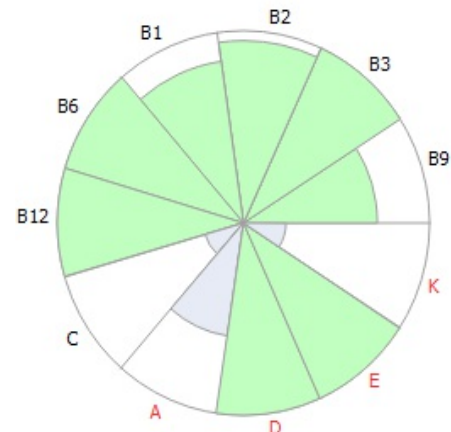
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	711.7	800	3000
Vitamin D (µg)	25.7	5.0	50
Vitamin E (Tocopherol) (mg)	42.9	12	300
Vitamin K (µg)	25.7	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	897.2	800	-
Phosphorus (mg)	1495.0	700	-
Magnesium (mg)	567.2	375	-
Sodium (mg)	1116.6	-	-
Potassium (mg)	3801.4	2000	-
Chloride (mg)	666.4	800	-
Iron (mg)	10.2	14	45
Zinc (mg)	13.9	10	25
Copper (mg)	1.5	1.0	5
Selenium (µg)	196.9	55	300
Iodine (µg)	246.3	150	1100
Manganese (mg)	1.0	2.0	11

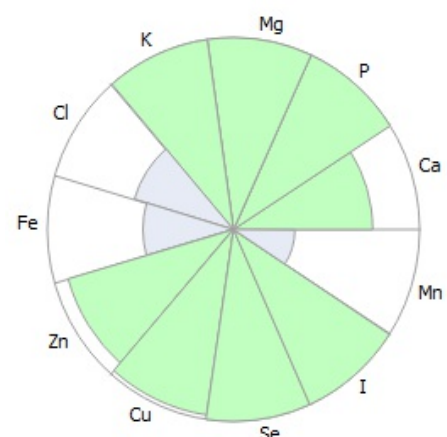
Food energy distribution



Vitamins distribution



Minerals distribution



Nutritional sequence - Venerdì

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Orange-based drink
Fat-Free Natural yogurt (1 jar)
Cereals and dried fruit (muesli)
Chia seeds
Mixed fruit
Honey (2 teaspoons)
Wheat bread (small portion)
Industrial marmalade tart
Hazelnut
Sweetened coffee (1 small cup)

From 11:00 to 12:00

Sweetened coffee (1 small cup)

From 17:00 to 18:00

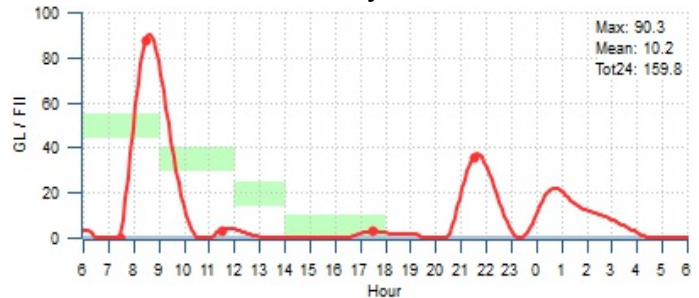
Melcalin VITA (2 dosing spoons)

From 21:00 to 22:00

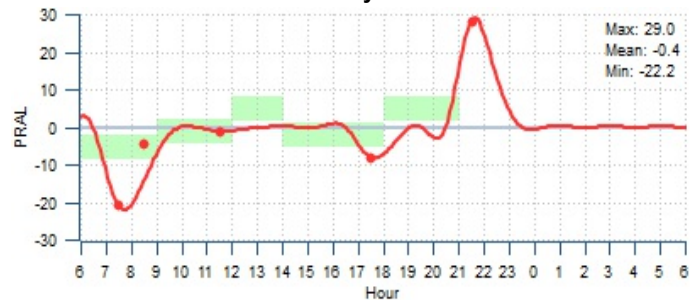
Egg pasta
Pork meat (small portion)
Fish

Daily water intake: from 2.5 to 3 lt

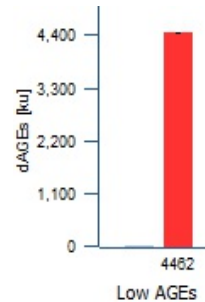
GL / FI daily trend



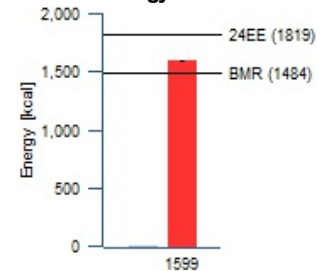
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.37 g/kg FFM
1.04 g/kg BW

fiRQ: 0.89 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating
Melcalin HOPs (2 capsules) from 21:00 to 22:00

- ⚠ The daily water intake is below the advised minimum.
- ⚠ Modulate the glycemic load from 07:00 to 08:00, from 08:00 to 09:00, from 11:00 to 12:00, from 21:00 to 22:00.
- ⚠ Reduce night FI.
- ⚠ The following foods are processed industrially: Orange-based drink, Cereals and dried fruit (muesli), Industrial marmalade tart.

Water supplied by food: 0.6 lt

Carbohydrates	Quantity
Carbohydrates (g)	271.9
Starch (g)	min 123.0
Sugars (g)	min 98.2

Fibers	Quantity
Fibers (g)	min 13.9
Soluble fibers (g)	min 0.0
Insoluble fibers (g)	min 0.0
S/I ratio (%)	ND

Proteins	Quantity
Proteins (g)	70.6

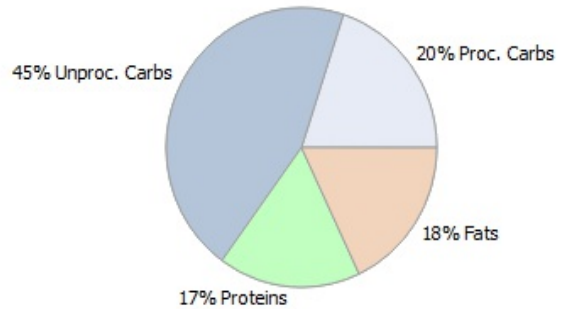
Lipids	Quantity
Lipids (g)	33.9
Saturated fatty acids (g)	9.0
Unsaturated fatty acids (g)	20.4
Monounsaturated fatty acids (g)	12.5
Polyunsaturated fatty acids (g)	7.9
Cholesterol (mg)	241.7

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	206.0	200	-
Vitamin B3 (Niacin) (mg)	25.0	16	-
Vitamin B2 (Riboflavin) (mg)	3.4	1.4	-
Vitamin B1 (Thiamine) (mg)	3.0	1.1	-
Vitamin B6 (Pyridoxine) (mg)	4.6	1.4	25
Vitamin B12 (µg)	12.2	2.5	-
Vitamin C (Ascorbic acid) (mg)	130.1	80	2000

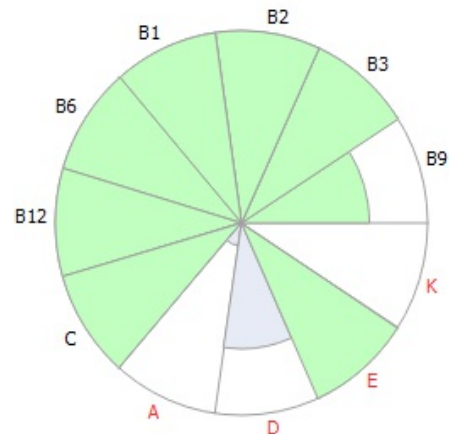
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	143.8	800	3000
Vitamin D (µg)	4.9	5.0	50
Vitamin E (Tocopherol) (mg)	35.9	12	300
Vitamin K (µg)	1.4	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	950.1	800	-
Phosphorus (mg)	1041.5	700	-
Magnesium (mg)	439.2	375	-
Sodium (mg)	1816.6	-	-
Potassium (mg)	1983.1	2000	-
Chloride (mg)	475.9	800	-
Iron (mg)	10.1	14	45
Zinc (mg)	13.0	10	25
Copper (mg)	1.6	1.0	5
Selenium (µg)	67.8	55	300
Iodine (µg)	128.1	150	1100
Manganese (mg)	1.2	2.0	11

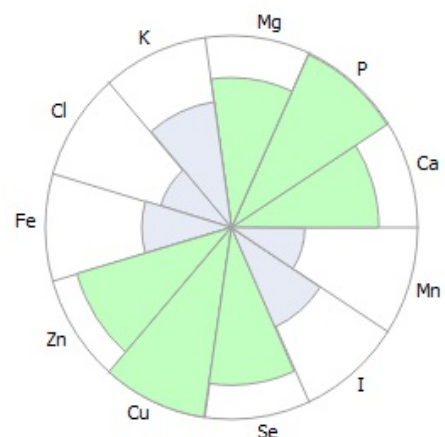
Food energy distribution



Vitamins distribution



Minerals distribution



Nutritional sequence - Sabato

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Orange-based drink
Whole wheat bread (small portion)
Industrial marmalade tart
Cocoa and hazelnut cream (3 teaspoons)
Eggs
Spinach
Extra virgin olive oil (2 spoons)
Lemon juice (small portion)
Sweetened coffee (1 small cup)

From 10:00 to 11:00

Sweetened coffee (1 small cup)

From 12:00 to 13:00

Brown rice

From 14:00 to 15:00

Peas
Cuttlefish

From 18:00 to 19:00

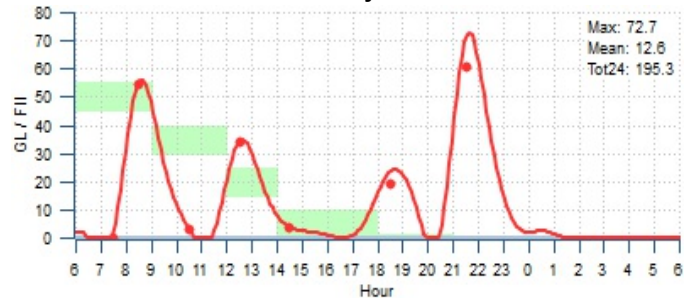
Cereals and dried fruit (muesli) (small portion)
Fat-Free Natural yogurt (1 jar)
Chia seeds
Honey (1 teaspoon)
Cocoa and hazelnut cream (3 teaspoons)

From 21:00 to 22:00

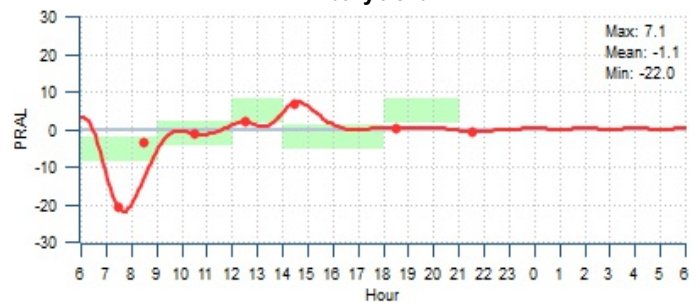
White rice
Squash

Daily water intake: from 3 to 3.5 lt

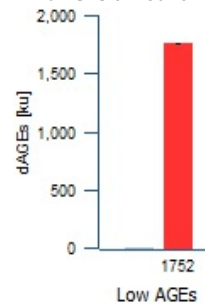
GL / FI daily trend



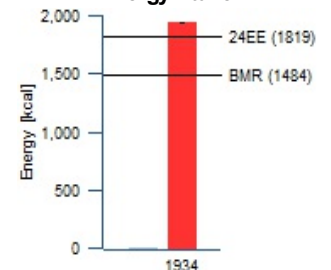
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.24 g/kg FFM

0.94 g/kg BW

fiRQ: 0.89 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating

Melcalin HOPs (2 capsules) from 21:00 to 22:00

⚠ Modulate the glycemic load from 07:00 to 08:00, from 10:00 to 11:00, from 18:00 to 19:00, from 21:00 to 22:00.

⚠ The following foods are processed industrially: Orange-based drink, Industrial marmalade tart, Cocoa and hazelnut cream, Cereals and dried fruit (muesli).

Water supplied by food: 0.8 lt

Carbohydrates	Quantity
Carbohydrates (g)	327.8
Starch (g)	min 167.3
Sugars (g)	min 124.9

Fibers	Quantity
Fibers (g)	min 22.0
Soluble fibers (g)	min 1.1
Insoluble fibers (g)	min 10.8
S/I ratio (%)	10.2

Proteins	Quantity
Proteins (g)	64.0

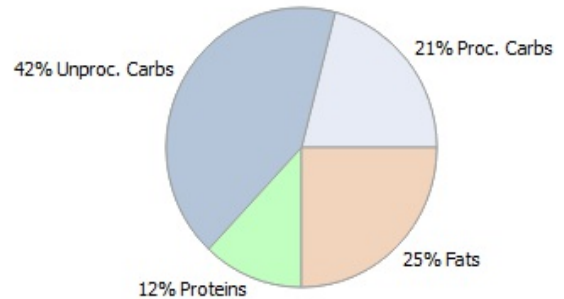
Lipids	Quantity
Lipids (g)	56.1
Saturated fatty acids (g)	15.2
Unsaturated fatty acids (g)	36.1
Monounsaturated fatty acids (g)	26.4
Polyunsaturated fatty acids (g)	9.7
Cholesterol (mg)	244.3

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	303.2	200	-
Vitamin B3 (Niacin) (mg)	16.8	16	-
Vitamin B2 (Riboflavin) (mg)	1.3	1.4	-
Vitamin B1 (Thiamine) (mg)	1.3	1.1	-
Vitamin B6 (Pyridoxine) (mg)	2.0	1.4	25
Vitamin B12 (µg)	5.0	2.5	-
Vitamin C (Ascorbic acid) (mg)	58.6	80	2000

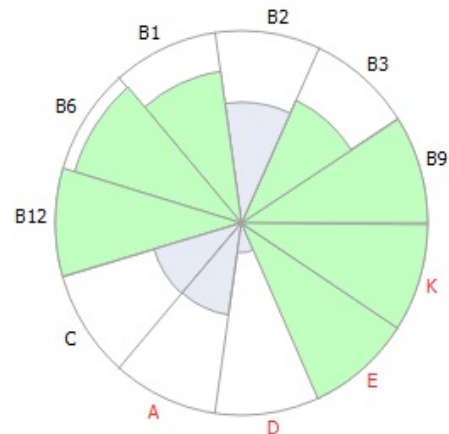
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	579.5	800	3000
Vitamin D (µg)	1.2	5.0	50
Vitamin E (Tocopherol) (mg)	40.3	12	300
Vitamin K (µg)	364.1	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	974.7	800	-
Phosphorus (mg)	1250.3	700	-
Magnesium (mg)	593.9	375	-
Sodium (mg)	1206.7	-	-
Potassium (mg)	2491.6	2000	-
Chloride (mg)	473.1	800	-
Iron (mg)	15.7	14	45
Zinc (mg)	14.2	10	25
Copper (mg)	2.1	1.0	5
Selenium (µg)	53.2	55	300
Iodine (µg)	116.8	150	1100
Manganese (mg)	1.0	2.0	11

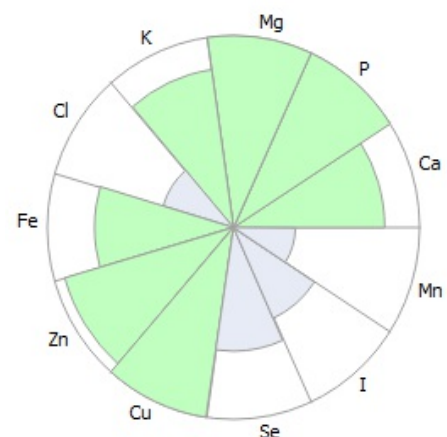
Food energy distribution



Vitamins distribution



Minerals distribution



Nutritional sequence - Domenica

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)
Whole rye bread

From 08:00 to 09:00

Eggs
Extra virgin olive oil (1-2 spoons)
Jam (3 teaspoons)
Cocoa and hazelnut cream (3 teaspoons)
Orange-based drink
Sweetened coffee (1 small cup)

From 10:00 to 11:00

Melcalin VITA (3 dosing spoons)

From 11:00 to 12:00

Chickpeas
Banana (2 fruits)

From 12:00 to 13:00

Unsweetened tea (2 cups)

From 13:00 to 14:00

Eggs
Aged cheeses
Wheat bread
Veal meat "Grain fed veal"
Tomatoes
Zucchini (small portion)
Sweetened coffee (1 small cup)

From 15:00 to 16:00

Sweetened coffee (1 small cup)

From 17:00 to 18:00

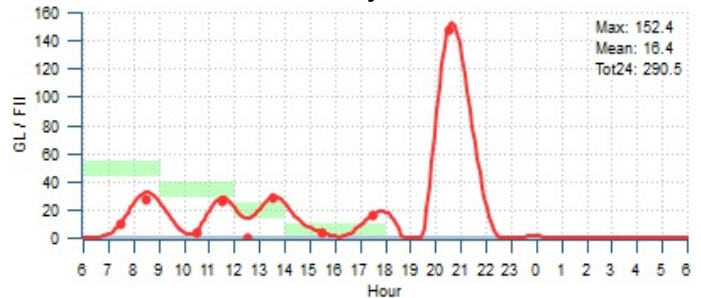
Dry biscuits (5-6 cookies)

From 20:00 to 21:00

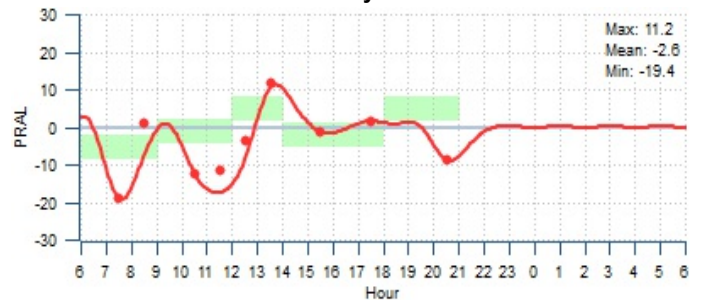
Pizza margherita

Daily water intake: from 3 to 3.5 lt

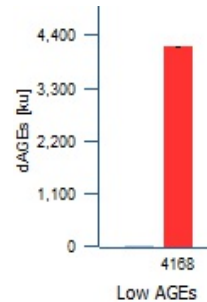
GL / FI daily trend



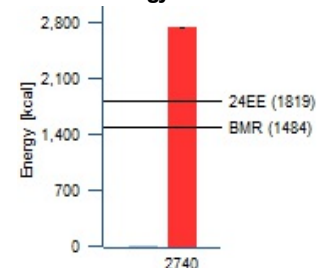
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.86 g/kg FFM

1.41 g/kg BW

fiRQ: 0.89 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating

Melcalin HOPs (2 capsules) from 21:00 to 22:00

⚠ Modulate the glycemic load from 07:00 to 08:00, from 10:00 to 11:00, from 12:00 to 13:00, from 20:00 to 21:00.

⚠ The following foods are processed industrially: Cocoa and hazelnut cream, Orange-based drink, Dry biscuits.

Water supplied by food: 1.6 lt

Carbohydrates	Quantity
Carbohydrates (g)	456.6
Starch (g)	min 242.9
Sugars (g)	min 151.6

Fibers	Quantity
Fibers (g)	min 20.7
Soluble fibers (g)	min 2.8
Insoluble fibers (g)	min 12.2
S/I ratio (%)	23.0

Proteins	Quantity
Proteins (g)	96.0

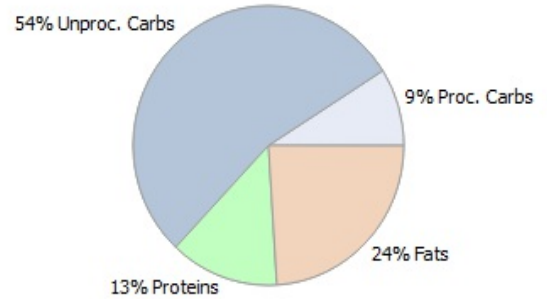
Lipids	Quantity
Lipids (g)	76.6
Saturated fatty acids (g)	26.5
Unsaturated fatty acids (g)	40.8
Monounsaturated fatty acids (g)	32.0
Polyunsaturated fatty acids (g)	8.8
Cholesterol (mg)	450.8

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	528.8	200	-
Vitamin B3 (Niacin) (mg)	24.4	16	-
Vitamin B2 (Riboflavin) (mg)	5.6	1.4	-
Vitamin B1 (Thiamine) (mg)	4.4	1.1	-
Vitamin B6 (Pyridoxine) (mg)	5.7	1.4	25
Vitamin B12 (µg)	6.0	2.5	-
Vitamin C (Ascorbic acid) (mg)	265.4	80	2000

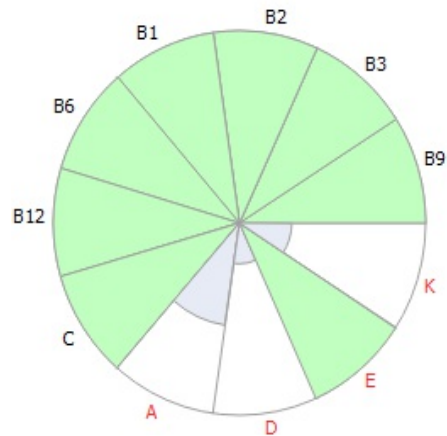
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	644.0	800	3000
Vitamin D (µg)	1.6	5.0	50
Vitamin E (Tocopherol) (mg)	44.2	12	300
Vitamin K (µg)	31.6	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	1481.0	800	-
Phosphorus (mg)	1584.9	700	-
Magnesium (mg)	647.2	375	-
Sodium (mg)	4540.0	-	-
Potassium (mg)	4600.7	2000	-
Chloride (mg)	145.2	800	-
Iron (mg)	17.7	14	45
Zinc (mg)	24.2	10	25
Copper (mg)	2.2	1.0	5
Selenium (µg)	28.6	55	300
Iodine (µg)	46.1	150	1100
Manganese (mg)	1.3	2.0	11

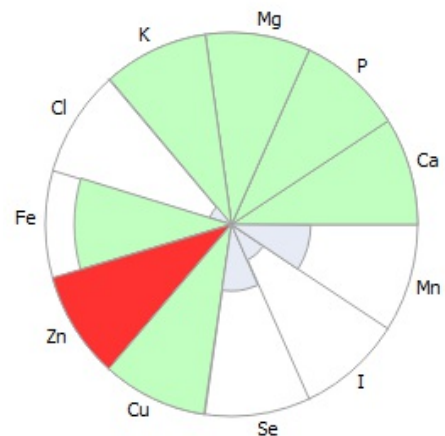
Food energy distribution



Vitamins distribution



Minerals distribution



**

Nutritional sequence - Lunedì

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Orange-based drink
Cereals and dried fruit (muesli)
Soy milk (1 glass)
Industrial cookies
Chia seeds
Honey (2 teaspoons)
Sweetened coffee (1 small cup)

From 11:00 to 12:00

Banana (2 fruits)

From 13:00 to 14:00

Egg pasta
Mixed salad (without carrots, corn or potatoes) (small portion)
Tomatoes
Cucumbers
Fish (small portion)
Sweetened coffee (1 small cup)

From 15:00 to 16:00

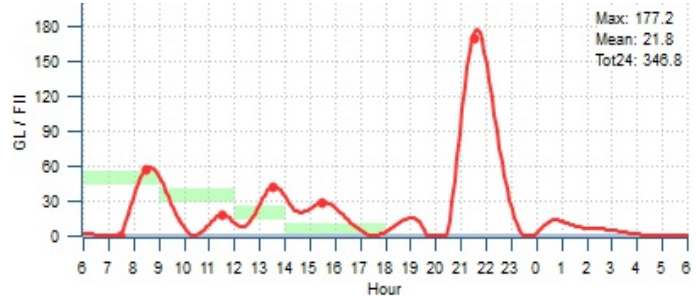
Dry biscuits (5-6 cookies)
Fat-Free Natural yogurt (1 jar)
Chia seeds
Honey (2 teaspoons)
Melcalin VITA (2 dosing spoons)
Melcalin MgK (1 stick)

From 21:00 to 22:00

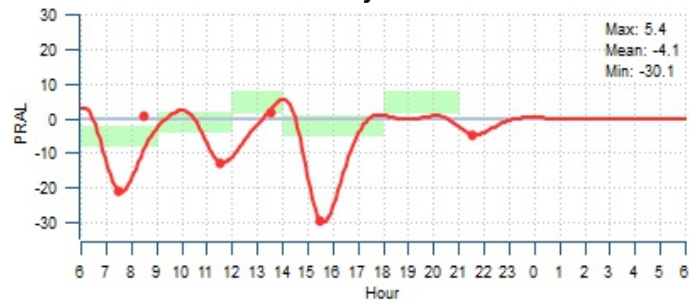
Salami
Pizza margherita
Beer (average values) (1 medium beer)

Daily water intake: from 2 to 2.5 lt

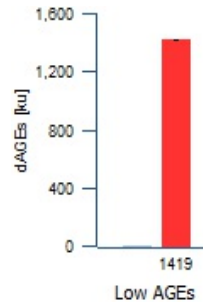
GL / FI daily trend



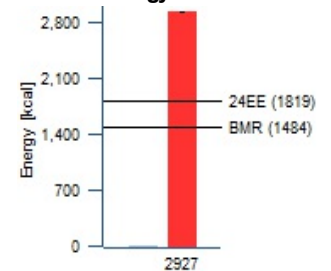
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.75 g/kg FFM
1.33 g/kg BW

fiRQ: 0.89 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating
Melcalin HOPs (2 capsules) from 21:00 to 22:00

⚠ Modulate the glycemic load from 07:00 to 08:00, from 13:00 to 14:00, from 15:00 to 16:00, from 21:00 to 22:00.

⚠ Reduce night FI.

⚠ The following foods are processed industrially: Orange-based drink, Cereals and dried fruit (muesli), Industrial cookies, Dry biscuits.

Water supplied by food: 1.5 lt

Carbohydrates	Quantity
Carbohydrates (g)	497.8
Starch (g)	min 261.8
Sugars (g)	min 177.1

Fibers	Quantity
Fibers (g)	min 21.1
Soluble fibers (g)	min 2.5
Insoluble fibers (g)	min 5.5
S/I ratio (%)	45.5

Proteins	Quantity
Proteins (g)	90.5

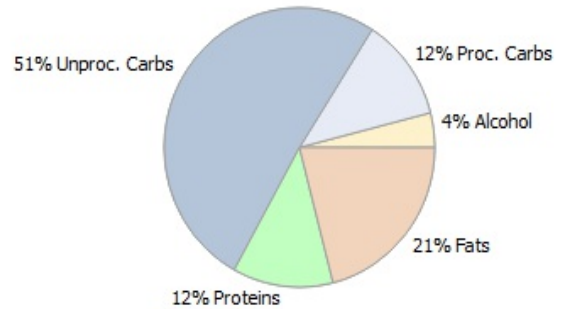
Lipids	Quantity
Lipids (g)	73.1
Saturated fatty acids (g)	19.1
Unsaturated fatty acids (g)	40.6
Monounsaturated fatty acids (g)	24.8
Polyunsaturated fatty acids (g)	15.8
Cholesterol (mg)	275.8

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	516.8	200	-
Vitamin B3 (Niacin) (mg)	29.8	16	-
Vitamin B2 (Riboflavin) (mg)	4.5	1.4	-
Vitamin B1 (Thiamine) (mg)	3.6	1.1	-
Vitamin B6 (Pyridoxine) (mg)	5.6	1.4	25
Vitamin B12 (µg)	11.3	2.5	-
Vitamin C (Ascorbic acid) (mg)	225.4	80	2000

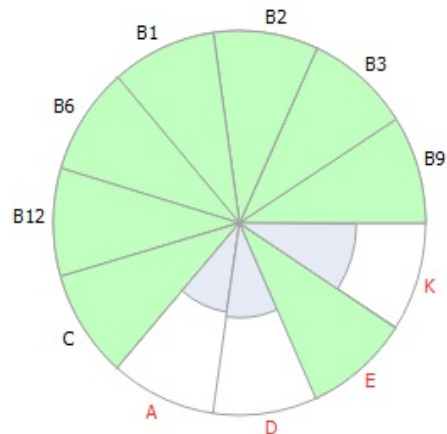
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	561.6	800	3000
Vitamin D (µg)	3.7	5.0	50
Vitamin E (Tocopherol) (mg)	42.2	12	300
Vitamin K (µg)	70.8	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	1098.8	800	-
Phosphorus (mg)	1483.8	700	-
Magnesium (mg)	831.2	375	-
Sodium (mg)	4292.4	-	-
Potassium (mg)	5433.9	2000	-
Chloride (mg)	2101.6	800	-
Iron (mg)	13.4	14	45
Zinc (mg)	19.1	10	25
Copper (mg)	1.4	1.0	5
Selenium (µg)	45.7	55	300
Iodine (µg)	118.2	150	1100
Manganese (mg)	1.2	2.0	11

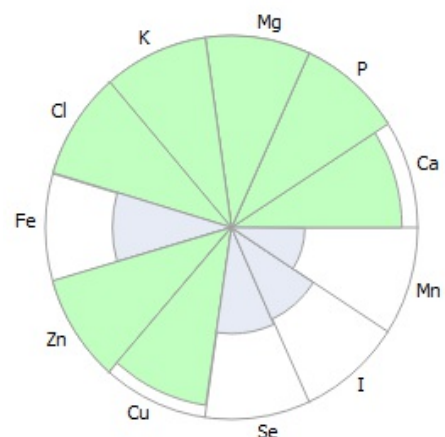
Food energy distribution



Vitamins distribution



Minerals distribution



Nutritional sequence - Martedi

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Banana (1 fruit)
Cereals and dried fruit (muesli)
Chia seeds
Skimmed milk (1 glass)
Orange-based drink
Lemon juice (1 spoon)
Sweetened coffee (1 small cup)

From 09:00 to 10:00

Sweetened coffee (1 small cup)

From 11:00 to 12:00

Banana (1 fruit)
Dry biscuits (5-6 cookies)

From 12:00 to 13:00

Melcalin MgK (1 stick)

From 13:00 to 14:00

Egg pasta
Beef meat
Mixed salad (without carrots, corn or potatoes)
Tomatoes
Eggs
Sweetened coffee (1 small cup)

From 16:00 to 17:00

Mixed fruit
Sweetened coffee (1 small cup)
Melcalin VITA (2 dosing spoons)

From 19:00 to 20:00

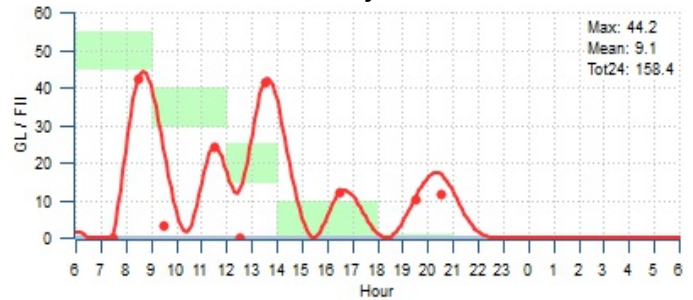
Mixed boiled vegetables (large portion)

From 20:00 to 21:00

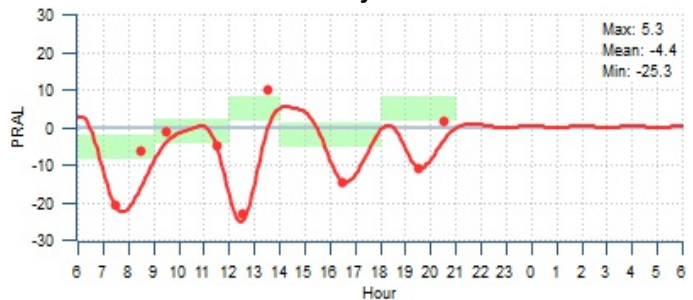
Handcrafted chocolate cake

Daily water intake: from 2.5 to 3 lt

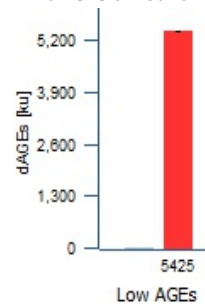
GL / FI daily trend



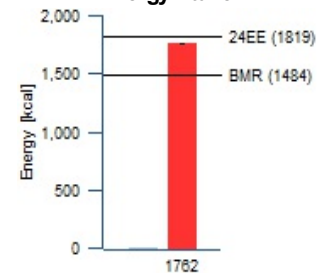
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.37 g/kg FFM

1.04 g/kg BW

fiRQ: 0.91 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating

Melcalin HOPs (2 capsules) from 21:00 to 22:00

⚠ Modulate the glycemic load from 07:00 to 08:00, from 09:00 to 10:00, from 12:00 to 13:00, from 13:00 to 14:00, from 19:00 to 20:00, from 20:00 to 21:00.

⚠ The following foods are processed industrially: Cereals and dried fruit (muesli), Orange-based drink, Dry biscuits.

Water supplied by food: 1.3 lt

Carbohydrates	Quantity
Carbohydrates (g)	336.5
Starch (g)	min 126.9
Sugars (g)	min 146.1

Fibers	Quantity
Fibers (g)	min 26.9
Soluble fibers (g)	min 2.2
Insoluble fibers (g)	min 4.8
S/I ratio (%)	45.8

Proteins	Quantity
Proteins (g)	70.6

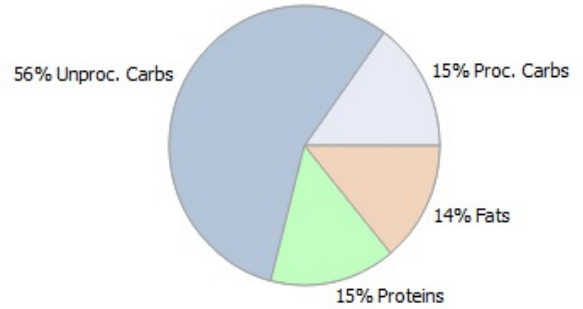
Lipids	Quantity
Lipids (g)	30.3
Saturated fatty acids (g)	9.0
Unsaturated fatty acids (g)	14.2
Monounsaturated fatty acids (g)	8.6
Polyunsaturated fatty acids (g)	5.6
Cholesterol (mg)	391.1

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	394.5	200	-
Vitamin B3 (Niacin) (mg)	28.7	16	-
Vitamin B2 (Riboflavin) (mg)	3.9	1.4	-
Vitamin B1 (Thiamine) (mg)	3.0	1.1	-
Vitamin B6 (Pyridoxine) (mg)	5.3	1.4	25
Vitamin B12 (µg)	9.6	2.5	-
Vitamin C (Ascorbic acid) (mg)	214.5	80	2000

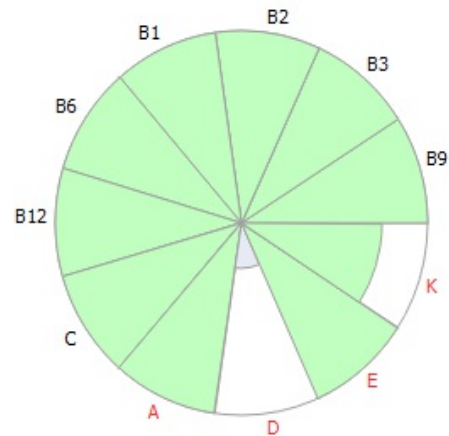
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	1564.8	800	3000
Vitamin D (µg)	1.8	5.0	50
Vitamin E (Tocopherol) (mg)	37.4	12	300
Vitamin K (µg)	84.9	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	1047.6	800	-
Phosphorus (mg)	1266.1	700	-
Magnesium (mg)	755.2	375	-
Sodium (mg)	1542.1	-	-
Potassium (mg)	4955.2	2000	-
Chloride (mg)	75.6	800	-
Iron (mg)	14.9	14	45
Zinc (mg)	15.5	10	25
Copper (mg)	1.3	1.0	5
Selenium (µg)	5.5	55	300
Iodine (µg)	23.1	150	1100
Manganese (mg)	1.2	2.0	11

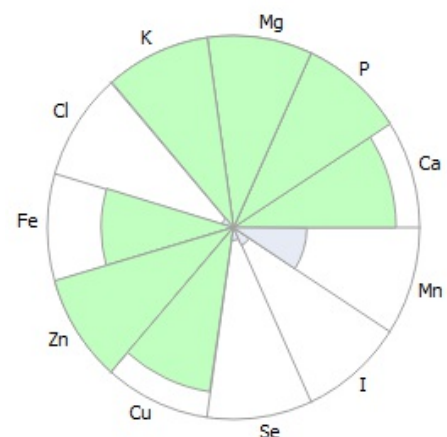
Food energy distribution



Vitamins distribution



Minerals distribution



Nutritional sequence - Mercoledì

From 07:00 to 08:00

Melcalin BASE (3 tabs)
Melcalin NIMET (3 capsules)

From 08:00 to 09:00

Orange-based drink
Rolled oats
Dry biscuits (4 cookies)
Chia seeds
Banana (1 fruit)
Soy milk (1 glass)

From 09:00 to 10:00

Sweetened coffee (1 small cup)

From 13:00 to 14:00

Beef meat
Zucchini
Mixed salad (without carrots, corn or potatoes)
Tomatoes
Extra virgin olive oil (1-2 spoons)
Durum wheat pasta
Cucumbers
Sweetened coffee (1 small cup)

From 16:00 to 17:00

Whole rye bread
Industrial marmalade tart
Hazelnut

From 18:00 to 19:00

Melcalin VITA (2 dosing spoons)

From 19:00 to 20:00

Banana (1 fruit)

From 20:00 to 21:00

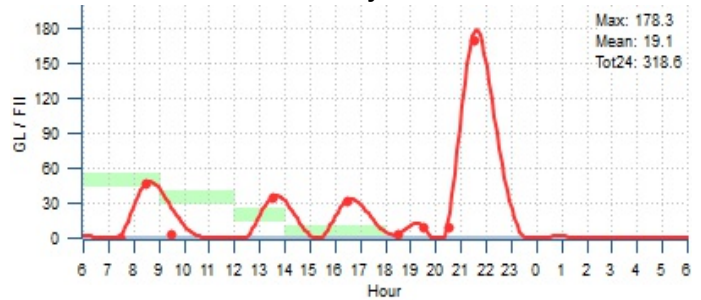
Chickpeas

From 21:00 to 22:00

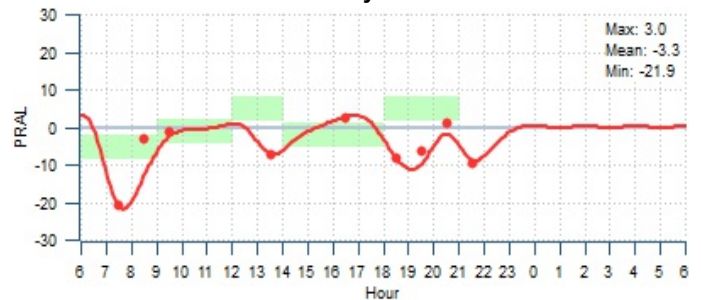
Pizza margherita
Beer (average values) (1 medium beer)

Daily water intake: from 3 to 3.5 lt

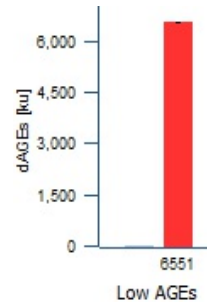
GL / FI daily trend



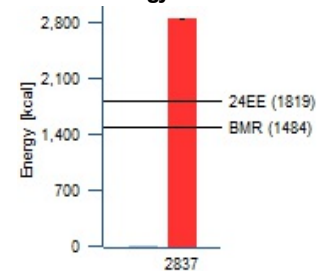
PRAL daily trend



dAGEs amount



Energy intake



Protein intake

1.72 g/kg FFM
1.30 g/kg BW

fiRQ: 0.90 normal range: [0.7-1]

Notes

Advised daily nutritional modulation

Melcalin Lupes (1 capsule) from 12:00 to 13:00 before eating
Melcalin HOPs (2 capsules) from 21:00 to 22:00

⚠ Modulate the glycemic load from 07:00 to 08:00, from 09:00 to 10:00, from 16:00 to 17:00, from 19:00 to 20:00, from 20:00 to 21:00, from 21:00 to 22:00.

⚠ The following foods are processed industrially: Orange-based drink, Rolled oats, Dry biscuits, Industrial marmalade tart.

Water supplied by food: 1.7 lt

Carbohydrates	Quantity
Carbohydrates (g)	510.7
Starch (g)	min 294.3
Sugars (g)	min 151.4

Fibers	Quantity
Fibers (g)	min 31.2
Soluble fibers (g)	min 5.0
Insoluble fibers (g)	min 16.2
S/I ratio (%)	30.9

Proteins	Quantity
Proteins (g)	88.7

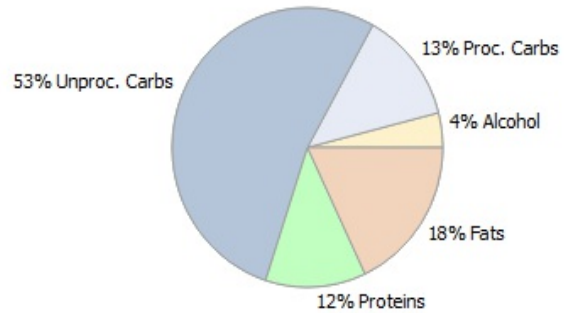
Lipids	Quantity
Lipids (g)	62.7
Saturated fatty acids (g)	15.0
Unsaturated fatty acids (g)	38.0
Monounsaturated fatty acids (g)	27.1
Polyunsaturated fatty acids (g)	10.9
Cholesterol (mg)	155.3

Water-soluble Vitamins	Quantity	RDA	UL
Vitamin B9 (Folic acid) (µg)	584.1	200	-
Vitamin B3 (Niacin) (mg)	28.7	16	-
Vitamin B2 (Riboflavin) (mg)	4.4	1.4	-
Vitamin B1 (Thiamine) (mg)	4.0	1.1	-
Vitamin B6 (Pyridoxine) (mg)	5.5	1.4	25
Vitamin B12 (µg)	4.6	2.5	-
Vitamin C (Ascorbic acid) (mg)	246.8	80	2000

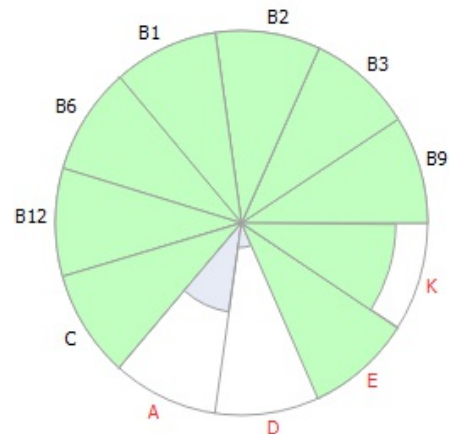
Fat-soluble Vitamins	Quantity	RDA	UL
Vitamin A (Retinol) (µg)	560.6	800	3000
Vitamin D (µg)	1.0	5.0	50
Vitamin E (Tocopherol) (mg)	47.7	12	300
Vitamin K (µg)	93.3	75	-

Minerals	Quantity	RDA	UL
Calcium (mg)	1026.0	800	-
Phosphorus (mg)	1575.2	700	-
Magnesium (mg)	726.8	375	-
Sodium (mg)	3508.7	-	-
Potassium (mg)	5130.8	2000	-
Chloride (mg)	72.0	800	-
Iron (mg)	19.0	14	45
Zinc (mg)	23.8	10	25
Copper (mg)	2.1	1.0	5
Selenium (µg)	6.9	55	300
Iodine (µg)	3.3	150	1100
Manganese (mg)	1.2	2.0	11

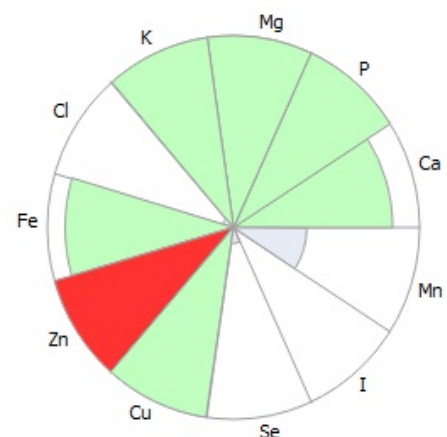
Food energy distribution



Vitamins distribution



Minerals distribution



**

Nutritional modulation executed on 22/09/2021**Not replaceable supplements**

Melcalin BASE
Melcalin VITA
Melcalin MgK
Melcalin Lupes
Melcalin NIMET
Melcalin HOPs