

User Info:
Age: 20
Gender: Female
Weight (kg): 55.0
Height (m): 1.7
BMI: 19.03
Goal: Maintain
Target weight change (kg): 0

Summary:
Target meal calories: 29327.55 | Actual: 29456.84
Target workout burned calories: 29327.55 | Actual: 22967.93
Target weight change (kg): 0 | Actual: 0.84

Day 1

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Balanced Snack	Balanced	738.25	Breakfast	1	1.5	97.42	244.55	65.2
Boiled Paleo Snack	Balanced	745.25	Lunch	1	1.5	94.27	237.09	63.22
Raw Balanced Snack	Balanced	795.75	Dinner	1	1.5	85.14	211.06	56.9

No workouts

Day 2

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Balanced Snack	Balanced	615.25	Breakfast	2	1.5	102.89	255.94	68.6
Boiled Paleo Snack	Balanced	580.12	Lunch	2	1.5	132.0	330.16	87.64
Grilled Keto Breakfast	Balanced	745.5	Dinner	2	1.5	112.3	283.06	74.9

No workouts

Day 3

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Snack	Balanced	1200.75	Dinner	3	1.5	112.16	278.81	74.21

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	Balanced	1133.62	Breakfast	3	1.5	112.06	279.54	74.98
Steamed Vegetarian Breakfast	Balanced	765.75	Lunch	3	1.5	111.64	282.34	75.14

No workouts

Day 4

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Baked Vegan Lunch	Balanced	829.12	Dinner	4	1.5	85.32	211.17	56.8
Raw Vegan Breakfast	Balanced	304.0	Lunch	4	1.0	83.02	208.58	55.06
Fried Paleo Snack	Balanced	782.25	Breakfast	4	1.5	112.23	282.52	74.71

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
HIIT	Standing calf raises	Bicycle Crunches	Legs	Back, Hamstrings, Glutes	Dumbbells	5	21	Grip Strength	Strengthens triceps and chest	1586.54	4
HIIT	Incline cable crossovers	Dragon Flags	Legs	Quadriceps	Bench, Barbell	5	21	Posterior	Full body workout	1574.43	4
Strength	Towel pull-up	Zottman Curls	Arms	Glutes, Hamstrings	Resistance Band or Cable Machine	5	25	Grip Strength	Targets obliques and improves core rotation	1380.1	4
Cardio	Leg curls	Step-ups	Forearms	Triceps	Dumbbells or Barbell	5	25	Posterior	Builds lower body power and endurance	1216.15	4

Day 5

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Keto Lunch	Balanced	232.67	Dinner	5	1.0	95.69	237.33	63.73
Grilled Vegetarian Dinner	Balanced	552.0	Lunch	5	1.5	131.13	330.81	88.2
Raw Low-Carb Snack	Balanced	680.0	Breakfast	5	1.5	88.14	222.25	59.33

No workouts

Day 6

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Balanced	300.0	Breakfast	6	1.0	82.67	208.57	55.87
Steamed Vegetarian Breakfast	Balanced	1159.5	Lunch	6	1.5	111.51	279.64	74.47
Steamed Vegetarian Breakfast	Balanced	755.5	Dinner	6	1.5	97.67	243.02	65.74

No workouts

Day 7

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	Balanced	1066.12	Lunch	7	1.5	111.92	282.64	75.28
Steamed Vegetarian Breakfast	Balanced	629.62	Breakfast	7	1.5	124.38	312.39	82.97
Roasted Low-Carb Dinner	Balanced	551.25	Dinner	7	1.5	132.06	329.37	87.84

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
HIIT	Dumbbell flies	Leg Press	Legs	Core, Shoulders, Legs	Dumbbells	5	22	Upper	Builds explosive upper body power	2230.8	7
HIIT	Triceps pushdowns	Leg Press	Forearms	Shoulders, Triceps	Dumbbells	4	20	Lower Chest	Enhances full-body coordination and stability	1861.2	7
HIIT	Military press	Tricep Dips	Shoulders	Triceps	Bench, Barbell	4	22	Triceps	Improves cardiovascular fitness	1798.19	7
Strength	Seated calf raises	Box Jumps	Abs	Chest, Triceps, Shoulders	Dumbbells	4	22	Quads	Strengthens triceps and chest	823.19	7

Day 8

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegan Snack	Balanced	652.12	Dinner	8	1.5	125.17	311.61	83.41
Roasted Low-Carb Dinner	Balanced	510.25	Breakfast	8	1.5	82.94	208.37	55.47
Fried Vegetarian Breakfast	Balanced	637.5	Lunch	8	1.5	75.61	192.71	50.81

No workouts

Day 9

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegan Breakfast	Balanced	510.5	Lunch	9	1.5	83.33	207.9	55.65
Raw Vegan Breakfast	Balanced	649.5	Breakfast	9	1.5	89.28	224.7	59.1
Grilled Keto Lunch	Balanced	215.33	Dinner	9	1.0	94.65	238.31	63.41

No workouts

Day 10

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Snack	Balanced	647.5	Dinner	10	1.5	88.5	222.01	58.94
Grilled Keto Lunch	Balanced	338.0	Breakfast	10	1.0	83.39	210.29	55.25
Roasted Paleo Snack	Balanced	689.0	Lunch	10	1.5	85.93	213.97	56.87

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
HIIT	Concentration curls	Glute Bridges	Legs	Core, Shoulders, Hips	Bench, Barbell	5	25	Lateral	Builds back strength	1502.29	10
HIIT	Towel pull-up	Pull-ups	Shoulders	Glutes, Hamstrings	Low Bar or TRX	5	18	Anterior	Improves posture and back strength	1668.28	10
HIIT	Close-grip bench press	Bird Dogs	Abs	Biceps, Forearms	Dumbbells or Barbell	4	19	Lower	Improves core stability and balance	1379.4	10
Cardio	Romanian deadlifts	Push-ups	Forearms	Back, Biceps	Bench, Barbell	5	24	Lower Chest	Strengthens triceps and chest	730.4	10

Day 11

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Dinner	Balanced	712.75	Lunch	11	1.5	85.54	213.54	57.03
Raw Balanced Snack	Balanced	738.25	Dinner	11	1.5	97.42	244.55	65.2
Fried Paleo Snack	Balanced	1156.12	Breakfast	11	1.5	112.16	278.38	74.11

No workouts

Day 12

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Paleo Snack	Balanced	745.25	Lunch	12	1.5	94.27	237.09	63.22
Raw Balanced Snack	Balanced	795.75	Dinner	12	1.5	85.14	211.06	56.9
Raw Balanced Snack	Balanced	738.25	Breakfast	12	1.5	97.42	244.55	65.2

No workouts

Day 13

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Balanced Snack	Balanced	738.25	Breakfast	13	1.5	97.42	244.55	65.2
Boiled Paleo Snack	Balanced	745.25	Lunch	13	1.5	94.27	237.09	63.22
Raw Balanced Snack	Balanced	795.75	Dinner	13	1.5	85.14	211.06	56.9

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Cardio	Triceps dips	Russian Twists	Legs	Core, Lower Back	Resistance Band	4	19	Grip Strength	Targets obliques and improves core rotation	1268.35	13
HIIT	Hyperextensions	Plank	Arms	Glutes, Hamstrings	Box or Platform	4	15	Grip Strength	Strengthens core and improves mobility	1414.41	13
HIIT	Decline dumbbell press	Scissors Kicks	Back	Core, Lower Back	Box or Platform	5	21	Lateral	Improves balance and coordination	1582.22	13
Yoga	Bird dog	Deadlift	Abs	Legs, Core	Cable Machine	5	24	Lower	Targets obliques and improves core rotation	951.98	13

Day 14

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Balanced Snack	Balanced	738.25	Breakfast	14	1.5	97.42	244.55	65.2
Boiled Paleo Snack	Balanced	745.25	Lunch	14	1.5	94.27	237.09	63.22
Raw Balanced Snack	Balanced	795.75	Dinner	14	1.5	85.14	211.06	56.9

No workouts