

User Info:
Age: 44
Gender: Male
Weight (kg): 89.0
Height (m): 1.7
BMI: 30.8
Goal: Loss
Target weight change (kg): 5.0

Summary:
Target meal calories: 112800.0 | Actual: 112820.03
Target workout burned calories: 19250.0 | Actual: 34635.19
Target weight change (kg): 5.0 | Actual: -7.0

Day 1

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	1	3.0	128.7	321.38	86.16
Roasted Balanced Breakfast	Paleo	865.83	Dinner	1	2.5	85.12	214.7	56.8
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	1	3.0	129.17	321.36	85.7

No workouts

Day 2

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	Paleo	607.5	Breakfast	2	2.5	108.58	271.44	72.15
Roasted Balanced Breakfast	Paleo	846.67	Dinner	2	2.5	87.68	218.58	58.4
Roasted Balanced Breakfast	Paleo	733.33	Lunch	2	2.5	80.27	198.7	53.2

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	2

Day 3

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Dinner	Paleo	741.25	Lunch	3	2.5	78.92	199.51	53.51
Boiled Balanced Breakfast	Paleo	1474.5	Dinner	3	3.0	100.42	249.02	67.09
Raw Vegetarian Breakfast	Paleo	870.62	Breakfast	3	2.5	110.41	274.15	73.05

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	3

Day 4

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Paleo Snack	Paleo	1342.5	Dinner	4	3.0	99.48	250.11	66.83
Steamed Vegetarian Dinner	Paleo	635.0	Lunch	4	2.5	79.44	198.22	52.72
Roasted Low-Carb Dinner	Paleo	1152.5	Breakfast	4	3.0	128.11	315.34	84.8

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg extensions	Bench Press	Back	Cable Machine	5	20	Improves shoulder mobility and posture	1692.46	4

Day 5

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegan Lunch	Paleo	1390.5	Breakfast	5	3.0	112.69	284.18	74.93
Steamed Vegetarian Lunch	Paleo	752.92	Lunch	5	2.5	108.57	273.35	72.93
Boiled Balanced Breakfast	Paleo	881.25	Dinner	5	2.5	73.88	179.14	48.19

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Face pulls	Lateral Raises	Legs	Parallel Bars or Chair	5	18	Targets obliques and improves core rotation	1163.71	5

Day 6

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Lunch	Paleo	1329.0	Breakfast	6	3.0	99.72	250.32	66.57
Fried Vegetarian Dinner	Paleo	508.33	Dinner	6	2.5	108.75	272.03	71.91
Steamed Low-Carb Dinner	Paleo	1622.25	Lunch	6	3.0	128.8	323.63	85.74

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	6

Day 7

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Paleo Lunch	Paleo	716.25	Breakfast	7	2.5	132.38	330.49	88.45
Raw Vegetarian Breakfast	Paleo	903.75	Dinner	7	2.5	110.43	275.14	73.11
Steamed Balanced Dinner	Paleo	1520.25	Lunch	7	3.0	82.79	205.21	55.05

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	7

Day 8

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Breakfast	Paleo	821.67	Lunch	8	2.5	70.29	176.44	46.57
Roasted Paleo Breakfast	Paleo	440.31	Dinner	8	2.5	78.47	196.26	52.28
Raw Vegetarian Breakfast	Paleo	469.38	Breakfast	8	2.5	78.63	195.9	52.3

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg extensions	Bench Press	Back	Cable Machine	5	20	Improves shoulder mobility and posture	1692.46	8

Day 9

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Snack	Paleo	819.58	Dinner	9	2.5	72.14	178.56	48.21
Steamed Vegetarian Dinner	Paleo	912.5	Breakfast	9	2.5	128.08	318.01	85.47
Steamed Vegan Dinner	Paleo	1174.0	Lunch	9	3.0	127.41	319.77	85.22

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Face pulls	Lateral Raises	Legs	Parallel Bars or Chair	5	18	Targets obliques and improves core rotation	1163.71	9

Day 10

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Snack	Paleo	547.5	Dinner	10	2.5	70.18	175.64	46.76
Boiled Keto Lunch	Paleo	547.5	Lunch	10	2.5	91.99	229.4	61.37
Raw Low-Carb Snack	Paleo	677.92	Breakfast	10	2.5	80.04	199.45	53.13

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	10

Day 11

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Lunch	Paleo	1427.25	Breakfast	11	3.0	128.72	320.79	85.82
Raw Balanced Dinner	Paleo	1396.5	Dinner	11	3.0	100.61	249.74	66.36
Fried Low-Carb Lunch	Paleo	909.17	Lunch	11	2.5	127.2	317.72	84.93

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	11

Day 12

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	Paleo	1145.0	Breakfast	12	3.0	127.63	318.96	84.99
Roasted Low-Carb Dinner	Paleo	807.5	Lunch	12	2.5	112.94	284.83	76.15
Raw Keto Lunch	Paleo	1286.25	Dinner	12	3.0	113.08	281.57	76.06

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg extensions	Bench Press	Back	Cable Machine	5	20	Improves shoulder mobility and posture	1692.46	12

Day 13

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Vegetarian Lunch	Paleo	1277.25	Lunch	13	3.0	113.5	283.57	75.18
Boiled Low-Carb Dinner	Paleo	713.33	Breakfast	13	2.5	92.31	230.68	61.44
Roasted Paleo Dinner	Paleo	567.5	Dinner	13	2.5	70.77	175.78	47.38

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Face pulls	Lateral Raises	Legs	Parallel Bars or Chair	5	18	Targets obliques and improves core rotation	1163.71	13

Day 14

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Balanced Breakfast	Paleo	763.75	Lunch	14	2.5	111.18	278.55	74.14
Boiled Vegan Dinner	Paleo	755.62	Breakfast	14	2.5	95.33	237.85	64.42

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Paleo Dinner	Paleo	615.0	Dinner	14	2.5	115.92	289.67	77.21

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	14

Day 15

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Vegan Snack	Paleo	768.75	Lunch	15	2.5	111.12	278.15	73.76
Boiled Paleo Snack	Paleo	521.67	Dinner	15	2.5	109.25	272.8	72.5
Steamed Vegetarian Dinner	Paleo	572.5	Breakfast	15	2.5	70.03	177.02	46.82

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	15

Day 16

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Vegetarian Dinner	Paleo	553.33	Lunch	16	2.5	91.79	230.86	61.61
Boiled Keto Snack	Paleo	535.62	Breakfast	16	2.5	101.63	253.46	67.69
Baked Vegan Dinner	Paleo	647.92	Dinner	16	2.5	123.18	310.53	82.69

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg extensions	Bench Press	Back	Cable Machine	5	20	Improves shoulder mobility and posture	1692.46	16

Day 17

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Balanced Lunch	Paleo	564.58	Breakfast	17	2.5	70.39	175.29	46.69
Steamed Paleo Breakfast	Paleo	1333.5	Lunch	17	3.0	128.85	323.29	85.84
Boiled Balanced Breakfast	Paleo	767.08	Dinner	17	2.5	71.91	180.24	48.02

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Face pulls	Lateral Raises	Legs	Parallel Bars or Chair	5	18	Targets obliques and improves core rotation	1163.71	17

Day 18

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Balanced Breakfast	Paleo	522.5	Breakfast	18	2.5	69.71	174.44	46.5
Grilled Vegetarian Breakfast	Paleo	737.5	Lunch	18	2.5	131.73	330.47	87.54
Boiled Vegetarian Breakfast	Paleo	859.17	Dinner	18	2.5	88.29	218.96	58.24

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	18

Day 19

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Keto Snack	Paleo	1149.75	Lunch	19	3.0	110.92	278.11	73.64
Fried Paleo Snack	Paleo	1409.25	Dinner	19	3.0	82.81	208.0	55.39
Boiled Low-Carb Lunch	Paleo	820.0	Breakfast	19	2.5	132.54	330.53	88.68

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	19

Day 20

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Snack	Paleo	800.0	Breakfast	20	2.5	111.4	276.07	74.33
Roasted Balanced Lunch	Paleo	1113.0	Dinner	20	3.0	128.13	319.06	84.79
Boiled Keto Breakfast	Paleo	501.67	Lunch	20	2.5	108.74	272.22	71.78

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg extensions	Bench Press	Back	Cable Machine	5	20	Improves shoulder mobility and posture	1692.46	20

Day 21

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Vegan Snack	Paleo	525.42	Breakfast	21	2.5	109.4	271.45	73.03
Steamed Keto Breakfast	Paleo	1407.75	Dinner	21	3.0	83.3	207.3	55.57
Fried Vegan Snack	Paleo	597.92	Lunch	21	2.5	108.4	268.32	71.9

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Face pulls	Lateral Raises	Legs	Parallel Bars or Chair	5	18	Targets obliques and improves core rotation	1163.71	21

Day 22

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Vegetarian Breakfast	Paleo	576.25	Breakfast	22	2.5	109.28	271.64	73.21
Roasted Balanced Breakfast	Paleo	381.88	Dinner	22	2.5	139.49	348.88	92.94
Grilled Keto Dinner	Paleo	789.58	Lunch	22	2.5	85.04	213.65	57.36

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Crunches	Bird Dogs	Legs	Kettlebell	4	19	Improves coordination and cardiovascular health	1701.38	22

Day 23

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegan Lunch	Paleo	1143.0	Breakfast	23	3.0	109.93	276.22	73.56
Boiled Keto Lunch	Paleo	708.33	Lunch	23	2.5	78.82	198.17	52.89
Raw Vegetarian Breakfast	Paleo	450.31	Dinner	23	2.5	101.16	251.43	67.61

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg curls	Jumping Jacks	Abs	Pull-up Bar	4	15	Targets abdominal muscles	1691.01	23

Day 24

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Breakfast	Paleo	426.25	Breakfast	24	2.5	79.02	198.86	51.74
Roasted Balanced Breakfast	Paleo	1416.0	Lunch	24	3.0	104.07	260.1	69.6
Roasted Balanced Breakfast	Paleo	645.83	Dinner	24	2.5	124.29	309.88	82.67

No workouts

Day 25

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	831.25	Breakfast	25	2.5	111.72	279.4	74.52
Boiled Paleo Snack	Paleo	548.75	Dinner	25	2.5	108.3	271.08	72.54
Boiled Paleo Snack	Paleo	548.75	Lunch	25	2.5	123.58	309.46	82.84

No workouts

Day 26

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegetarian Dinner	Paleo	1422.0	Lunch	26	3.0	82.56	207.94	55.61
Roasted Balanced Breakfast	Paleo	447.19	Dinner	26	2.5	139.49	348.88	92.94
Fried Vegetarian Dinner	Paleo	506.25	Breakfast	26	2.5	69.71	174.44	46.5

No workouts

Day 27

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Breakfast	Paleo	487.19	Lunch	27	2.5	101.13	255.35	67.62
Baked Balanced Dinner	Paleo	710.62	Dinner	27	2.5	110.61	277.87	73.55
Roasted Balanced Breakfast	Paleo	1808.25	Breakfast	27	3.0	99.8	252.4	67.03

No workouts

Day 28

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	733.12	Breakfast	28	2.5	78.08	194.62	52.56
Roasted Balanced Breakfast	Paleo	713.75	Lunch	28	2.5	95.57	238.04	63.68
Fried Balanced Lunch	Paleo	603.75	Dinner	28	2.5	123.11	309.16	82.31

No workouts

Day 29

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Dinner	Paleo	594.58	Breakfast	29	2.5	115.69	289.22	77.21
Grilled Vegetarian Snack	Paleo	724.17	Dinner	29	2.5	71.72	180.45	47.91
Grilled Paleo Dinner	Paleo	829.17	Lunch	29	2.5	88.42	219.84	58.31

No workouts

Day 30

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Keto Breakfast	Paleo	770.62	Lunch	30	2.5	132.53	330.94	88.1
Boiled Keto Breakfast	Paleo	832.08	Breakfast	30	2.5	85.42	213.41	56.75
Roasted Vegetarian Breakfast	Paleo	667.92	Dinner	30	2.5	123.59	311.43	82.33

No workouts

Day 31

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Dinner	Paleo	762.5	Lunch	31	2.5	110.9	277.2	74.45
Boiled Keto Snack	Paleo	835.62	Dinner	31	2.5	110.92	278.02	74.31
Steamed Paleo Breakfast	Paleo	519.69	Breakfast	31	2.5	69.71	174.44	46.5

No workouts

Day 32

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Balanced Breakfast	Paleo	1258.5	Dinner	32	3.0	83.5	205.89	55.68
Steamed Balanced Lunch	Paleo	1359.75	Breakfast	32	3.0	82.77	209.48	55.4
Boiled Balanced Breakfast	Paleo	700.42	Lunch	32	2.5	78.96	198.27	53.0

No workouts

Day 33

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Dinner	Paleo	646.25	Breakfast	33	2.5	116.27	288.46	77.08
Roasted Balanced Breakfast	Paleo	757.92	Dinner	33	2.5	112.05	277.9	74.45
Baked Vegan Dinner	Paleo	1377.75	Lunch	33	3.0	83.09	207.29	55.74

No workouts

Day 34

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Lunch	Paleo	746.25	Breakfast	34	2.5	95.78	240.0	63.78
Steamed Vegetarian Dinner	Paleo	1484.25	Dinner	34	3.0	129.17	321.36	85.7
Roasted Balanced Breakfast	Paleo	1599.0	Lunch	34	3.0	128.7	321.38	86.16

No workouts

Day 35

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	35	3.0	129.17	321.36	85.7
Roasted Balanced Breakfast	Paleo	865.83	Dinner	35	2.5	85.12	214.7	56.8
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	35	3.0	128.7	321.38	86.16

No workouts

Day 36

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	36	3.0	128.7	321.38	86.16
Roasted Balanced Breakfast	Paleo	865.83	Dinner	36	2.5	85.12	214.7	56.8
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	36	3.0	129.17	321.36	85.7

No workouts

Day 37

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	37	3.0	129.17	321.36	85.7

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	865.83	Dinner	37	2.5	85.12	214.7	56.8
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	37	3.0	128.7	321.38	86.16

No workouts

Day 38

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	38	3.0	128.7	321.38	86.16
Roasted Balanced Breakfast	Paleo	865.83	Dinner	38	2.5	85.12	214.7	56.8
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	38	3.0	129.17	321.36	85.7

No workouts

Day 39

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	865.83	Dinner	39	2.5	85.12	214.7	56.8
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	39	3.0	129.17	321.36	85.7
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	39	3.0	128.7	321.38	86.16

No workouts

Day 40

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Breakfast	Paleo	1599.0	Breakfast	40	3.0	128.7	321.38	86.16
Steamed Vegetarian Dinner	Paleo	1484.25	Lunch	40	3.0	129.17	321.36	85.7
Roasted Balanced Breakfast	Paleo	865.83	Dinner	40	2.5	85.12	214.7	56.8

No workouts