

**User Info:**  
Age: 22  
Gender: Female  
Weight (kg): 55.0  
Height (m): 1.7  
BMI: 19.03  
Goal: Loss  
Target weight change (kg): 5.0

**Summary:**  
Target meal calories: 43129.75 | Actual: 43226.83  
Target workout burned calories: 19250.0 | Actual: 24193.84  
Target weight change (kg): 5.0 | Actual: -5.63

Day 1

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	616.75	Lunch	1	1.5	69.71	174.44	46.5
Boiled Low-Carb Lunch	Balanced	621.25	Breakfast	1	1.5	87.06	217.54	57.67

No workouts

Day 2

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	1156.0	Breakfast	2	2.0	82.36	203.13	54.84
Boiled Low-Carb Lunch	Balanced	568.75	Lunch	2	1.5	97.77	243.99	65.29

No workouts

Day 3

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	1138.0	Lunch	3	2.0	81.18	205.59	54.2
Boiled Low-Carb Lunch	Balanced	623.25	Breakfast	3	1.5	139.49	348.88	92.94

No workouts

## Day 4

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	594.25	Breakfast	4	1.5	97.45	241.42	64.52
Boiled Low-Carb Lunch	Balanced	620.62	Lunch	4	1.5	118.86	294.79	79.32

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg raises	Tricep Extensions	Forearms	Cable Machine	5	18	Improves core rotation strength	1468.09	4
Strength	Dumbbell curls	Windshield Wipers	Chest	Cable Machine or Resistance Band	5	18	Builds lower body power and endurance	1070.17	4

## Day 5

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	1133.0	Breakfast	5	2.0	139.49	348.88	92.94
Boiled Low-Carb Lunch	Balanced	564.0	Lunch	5	1.5	119.54	299.08	79.88

No workouts

## Day 6

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	567.25	Lunch	6	1.5	78.34	196.66	52.82
Steamed Paleo Snack	Balanced	450.0	Breakfast	6	1.5	82.67	208.57	55.87

No workouts

## Day 7

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Low-Carb Dinner	Balanced	597.75	Lunch	7	1.5	102.12	255.24	68.0

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	614.5	Breakfast	7	1.5	101.72	254.37	67.85

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Skull crushers	Bicycle Crunches	Arms	Cable Machine or Resistance Band	5	18	Strengthens triceps and chest	1294.7	7
HIIT	Fat grip dumbbell curl	Resistance Band Pull-Aparts	Arms	Bench or Sturdy Surface	4	23	Targets obliques and improves core rotation	2506.35	7

## Day 8

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	413.81	Lunch	8	1.5	77.89	194.85	51.64
Steamed Paleo Snack	Balanced	496.25	Breakfast	8	1.5	82.65	209.57	55.85

No workouts

## Day 9

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Breakfast	Balanced	445.25	Lunch	9	1.5	83.24	208.44	55.57
Grilled Keto Breakfast	Balanced	994.0	Breakfast	9	2.0	112.3	283.06	74.9

No workouts

## Day 10

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Balanced Dinner	Balanced	1006.67	Breakfast	10	2.0	113.61	281.28	75.1
Baked Low-Carb Snack	Balanced	1023.0	Lunch	10	2.0	85.52	212.98	56.85

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Military press	Plyo Squats	Back	Pull-up Bar	5	19	Improves balance and coordination	1730.64	10

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Barbell rows	Decline Push-ups	Back	Bench, Barbell	4	25	Improves core stability and balance	1438.59	10

## Day 11

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	861.67	Lunch	11	2.0	114.15	285.87	76.18
Raw Balanced Snack	Balanced	1061.0	Breakfast	11	2.0	85.14	211.06	56.9

No workouts

## Day 12

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	1194.5	Breakfast	12	2.0	122.24	306.06	81.85
Steamed Low-Carb Lunch	Balanced	1270.0	Lunch	12	2.0	118.5	294.52	78.77

No workouts

## Day 13

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	549.0	Breakfast	13	1.5	93.06	235.17	62.19
Steamed Low-Carb Lunch	Balanced	616.25	Lunch	13	1.5	139.49	348.88	92.94

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg press	Scissors Kicks	Back	Resistance Band	4	15	Improves balance and coordination	1464.1	13
HIIT	Face pulls	Jumping Jacks	Legs	Bench or Chair	5	24	Strengthens lower abs	1124.28	13

## Day 14

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	1061.5	Lunch	14	2.0	126.78	316.97	85.12
Steamed Low-Carb Lunch	Balanced	576.0	Breakfast	14	1.5	139.45	348.02	92.6

No workouts

## Day 15

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack	Balanced	1124.0	Breakfast	15	2.0	75.6	189.35	50.62
Steamed Low-Carb Lunch	Balanced	472.0	Lunch	15	1.5	83.22	207.55	55.82

No workouts

## Day 16

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Dinner	Balanced	867.33	Lunch	16	2.0	88.74	222.56	59.16
Steamed Paleo Lunch	Balanced	443.0	Breakfast	16	1.5	82.96	209.47	55.29

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg raises	Tricep Extensions	Forearms	Cable Machine	5	18	Improves core rotation strength	1468.09	16
Strength	Dumbbell curls	Windshield Wipers	Chest	Cable Machine or Resistance Band	5	18	Builds lower body power and endurance	1070.17	16

## Day 17

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Breakfast	Balanced	379.25	Breakfast	17	1.5	121.57	304.73	81.03
Steamed Paleo Snack	Balanced	591.75	Lunch	17	1.5	103.03	259.99	69.1

No workouts

## Day 18

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Balanced	1107.67	Breakfast	18	2.0	97.26	241.9	64.3
Steamed Paleo Snack	Balanced	594.0	Lunch	18	1.5	134.98	337.5	90.45

No workouts

## Day 19

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Balanced	543.75	Breakfast	19	1.5	139.49	348.88	92.94
Steamed Paleo Snack	Balanced	1188.5	Lunch	19	2.0	95.4	237.94	63.38

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Skull crushers	Bicycle Crunches	Arms	Cable Machine or Resistance Band	5	18	Strengthens triceps and chest	1294.7	19
HIIT	Fat grip dumbbell curl	Resistance Band Pull-Aparts	Arms	Bench or Sturdy Surface	4	23	Targets obliques and improves core rotation	2506.35	19

## Day 20

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Balanced	455.81	Breakfast	20	1.5	86.67	215.7	58.4
Steamed Paleo Snack	Balanced	573.5	Lunch	20	1.5	87.37	221.13	58.36

No workouts

## Day 21

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Keto Dinner	Balanced	347.25	Breakfast	21	1.5	95.22	237.2	63.26
Steamed Low-Carb Dinner	Balanced	627.0	Lunch	21	1.5	131.71	329.52	87.71

No workouts

## Day 22

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch	Balanced	632.25	Breakfast	22	1.5	98.63	244.31	65.57
Steamed Low-Carb Lunch	Balanced	861.67	Lunch	22	2.0	139.49	348.88	92.94

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Military press	Plyo Squats	Back	Pull-up Bar	5	19	Improves balance and coordination	1730.64	22
HIIT	Barbell rows	Decline Push-ups	Back	Bench, Barbell	4	25	Improves core stability and balance	1438.59	22

## Day 23

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Vegan Breakfast	Balanced	590.25	Lunch	23	1.5	114.34	285.12	76.16
Steamed Low-Carb Lunch	Balanced	609.25	Breakfast	23	1.5	69.71	174.44	46.5

No workouts

## Day 24

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack	Balanced	1523.0	Breakfast	24	2.0	111.62	278.73	74.3
Steamed Vegetarian Snack	Balanced	634.88	Lunch	24	1.5	132.41	329.05	87.68

No workouts

## Day 25

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack	Balanced	1074.33	Breakfast	25	2.0	79.23	199.03	52.59

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack	Balanced	410.75	Lunch	25	1.5	122.31	303.17	80.89

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Leg press	Scissors Kicks	Back	Resistance Band	4	15	Improves balance and coordination	1464.1	25
HIIT	Face pulls	Jumping Jacks	Legs	Bench or Chair	5	24	Strengthens lower abs	1124.28	25

## Day 26

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	621.25	Lunch	26	1.5	87.06	217.54	57.67
Steamed Vegan Lunch	Balanced	568.12	Breakfast	26	1.5	132.9	330.13	88.0

No workouts

## Day 27

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	621.25	Breakfast	27	1.5	87.06	217.54	57.67
Boiled Low-Carb Lunch	Balanced	616.75	Lunch	27	1.5	69.71	174.44	46.5

No workouts

## Day 28

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	616.75	Lunch	28	1.5	69.71	174.44	46.5
Boiled Low-Carb Lunch	Balanced	621.25	Breakfast	28	1.5	87.06	217.54	57.67

No workouts



## Day 29

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	616.75	Lunch	29	1.5	69.71	174.44	46.5
Boiled Low-Carb Lunch	Balanced	621.25	Breakfast	29	1.5	87.06	217.54	57.67

No workouts

## Day 30

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Low-Carb Lunch	Balanced	616.75	Lunch	30	1.5	69.71	174.44	46.5
Boiled Low-Carb Lunch	Balanced	621.25	Breakfast	30	1.5	87.06	217.54	57.67

No workouts