

User Info:

Age: 22

Gender: Female

Weight (kg): 56.0

Height (m): 1.7

BMI: 19.38

Goal: Loss

Target weight change (kg): 5.0

Summary:

Target meal calories: 45689.58 | Actual: 45717.41

Target workout burned calories: 19250.0 | Actual: 21403.34

Target weight change (kg): 5.0 | Actual: -5.28

Day 1

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	496.25	Lunch	1	1.5	82.65	209.57	55.85
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	1	1.5	82.67	208.57	55.87

No workouts

Day 2

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	Low-Carb	1511.5	Lunch	2	2.0	112.06	279.54	74.98
Boiled Paleo Snack	Low-Carb	993.67	Breakfast	2	2.0	94.27	237.09	63.22

No workouts

Day 3

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Keto Breakfast	Low-Carb	994.0	Lunch	3	2.0	112.3	283.06	74.9
Baked Low-Carb Snack	Low-Carb	1023.0	Breakfast	3	2.0	85.52	212.98	56.85

No workouts

Day 4

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegan Breakfast	Low-Carb	456.0	Breakfast	4	1.5	83.02	208.58	55.06
Boiled Paleo Snack	Low-Carb	580.12	Lunch	4	1.5	132.0	330.16	87.64

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
HIIT	Wrist curl	Calf Raises	Forearms	Bench, Barbell	4	19	Improves posture and back strength	859.1	4

Day 5

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack	Low-Carb	634.88	Breakfast	5	1.5	132.41	329.05	87.68
Raw Balanced Snack	Low-Carb	615.25	Lunch	5	1.5	102.89	255.94	68.6

No workouts

Day 6

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	Low-Carb	510.25	Lunch	6	1.5	82.94	208.37	55.47
Roasted Low-Carb Dinner	Low-Carb	551.25	Breakfast	6	1.5	132.06	329.37	87.84

No workouts

Day 7

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Breakfast	Low-Carb	445.25	Lunch	7	1.5	83.24	208.44	55.57

meal_name		diet_type	Calories_Final		day_label		Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Lunch		Low-Carb	472.0		Breakfast		7	1.5	83.22	207.55	55.82

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
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 Vegetarian Snack		Low-Carb	1523.0		Lunch		8	2.0	111.62	278.73	74.3
Roasted Vegetarian Lunch		Low-Carb	511.0		Breakfast		8	1.5	83.33	207.28	55.74

No workouts

Day 9

meal_name		diet_type	Calories_Final		day_label		Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack		Low-Carb	1074.33		Lunch		9	2.0	79.23	199.03	52.59
Steamed Vegetarian Snack		Low-Carb	410.75		Breakfast		9	1.5	122.31	303.17	80.89

No workouts

Day 10

meal_name		diet_type	Calories_Final		day_label		Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Snack		Low-Carb	1124.0		Breakfast		10	2.0	75.6	189.35	50.62
Steamed Balanced Dinner		Low-Carb	1006.67		Lunch		10	2.0	113.61	281.28	75.1

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
HIIT	Decline cable crossovers	Glute Bridges	Back	Resistance Band	4	20	Targets obliques and improves core rotation	1782.0	10

Day 11

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Dinner	Low-Carb	867.33	Breakfast	11	2.0	88.74	222.56	59.16
Grilled Low-Carb Snack	Low-Carb	596.5	Lunch	11	1.5	102.92	255.48	67.9

No workouts

Day 12

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegan Breakfast	Low-Carb	510.5	Lunch	12	1.5	83.33	207.9	55.65
Raw Vegan Breakfast	Low-Carb	866.0	Breakfast	12	2.0	89.28	224.7	59.1

No workouts

Day 13

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Balanced Snack	Low-Carb	984.33	Breakfast	13	2.0	97.42	244.55	65.2
Raw Balanced Snack	Low-Carb	1061.0	Lunch	13	2.0	85.14	211.06	56.9

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Decline dumbbell press	Decline Push-ups	Chest	Cable Machine or Resistance Band	5	18	Improves unilateral leg strength and balance	2647.54	13

Day 14

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Keto Breakfast	Low-Carb	1041.0	Breakfast	14	2.0	112.76	280.68	74.93
Steamed Balanced Lunch	Low-Carb	615.75	Lunch	14	1.5	88.73	221.39	59.09

No workouts

Day 15

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Dinner	Low-Carb	627.0	Lunch	15	1.5	131.71	329.52	87.71
Steamed Vegan Breakfast	Low-Carb	379.25	Breakfast	15	1.5	121.57	304.73	81.03

No workouts

Day 16

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Low-Carb Dinner	Low-Carb	597.75	Breakfast	16	1.5	102.12	255.24	68.0
Steamed Paleo Dinner	Low-Carb	1048.0	Lunch	16	2.0	79.01	196.7	53.31

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
HIIT	Wrist curl	Calf Raises	Forearms	Bench, Barbell	4	19	Improves posture and back strength	859.1	16

Day 17

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Lunch	Low-Carb	988.67	Breakfast	17	2.0	85.29	214.46	57.15
Steamed Vegan Dinner	Low-Carb	950.33	Lunch	17	2.0	85.54	213.54	57.03

No workouts

Day 18

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Vegan Lunch	Low-Carb	347.75	Lunch	18	1.5	95.11	238.0	63.5
Raw Paleo Dinner	Low-Carb	582.75	Breakfast	18	1.5	102.37	253.83	68.23

No workouts

Day 19

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Dinner	Low-Carb	1044.67	Breakfast	19	2.0	112.2	281.83	75.2
Baked Vegan Dinner	Low-Carb	1494.0	Lunch	19	2.0	112.59	281.99	74.95

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
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 Breakfast	Low-Carb	615.75	Breakfast	20	1.5	131.29	331.1	87.67
Steamed Paleo Lunch	Low-Carb	443.0	Lunch	20	1.5	82.96	209.47	55.29

No workouts

Day 21

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Dinner	Low-Carb	628.0	Lunch	21	1.5	124.11	310.24	82.77
Roasted Vegetarian Breakfast	Low-Carb	608.75	Breakfast	21	1.5	102.31	256.23	68.33

No workouts

Day 22

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Balanced Lunch	Low-Carb	506.0	Lunch	22	1.5	82.35	206.81	55.79
Steamed Low-Carb Dinner	Low-Carb	1033.0	Breakfast	22	2.0	113.04	279.59	75.19

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	22
HIIT	Decline cable crossovers	Glute Bridges	Back	Resistance Band	4	20	Targets obliques and improves core rotation	1782.0	22

Day 23

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Lunch	Low-Carb	1061.0	Lunch	23	2.0	84.58	212.16	56.18
Grilled Vegetarian Dinner	Low-Carb	552.0	Breakfast	23	1.5	131.13	330.81	88.2

No workouts

Day 24

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Snack	Low-Carb	1550.0	Lunch	24	2.0	113.39	280.64	75.26
Steamed Balanced Breakfast	Low-Carb	955.0	Breakfast	24	2.0	94.22	237.33	62.72

No workouts

Day 25

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Keto Lunch	Low-Carb	1122.33	Breakfast	25	2.0	79.01	198.55	52.92
Steamed Keto Dinner	Low-Carb	347.25	Lunch	25	1.5	95.22	237.2	63.26

Workout_Type	Workout	Name of Exercise	Body Part	Equipment Needed	Sets	Reps	Benefit	Calories_Burned	Day
HIIT	Decline dumbbell press	Decline Push-ups	Chest	Cable Machine or Resistance Band	5	18	Improves unilateral leg strength and balance	2647.54	25

Day 26

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegan Snack	Low-Carb	649.0	Lunch	26	1.5	85.97	214.79	57.39
Roasted Keto Lunch	Low-Carb	929.33	Breakfast	26	2.0	85.57	213.88	57.18

No workouts

Day 27

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	496.25	Lunch	27	1.5	82.65	209.57	55.85
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	27	1.5	82.67	208.57	55.87

No workouts

Day 28

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	496.25	Lunch	28	1.5	82.65	209.57	55.85
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	28	1.5	82.67	208.57	55.87

No workouts

Day 29

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	496.25	Lunch	29	1.5	82.65	209.57	55.85

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	29	1.5	82.67	208.57	55.87

No workouts

Day 30

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	30	1.5	82.67	208.57	55.87
Steamed Paleo Snack	Low-Carb	496.25	Lunch	30	1.5	82.65	209.57	55.85

No workouts

Day 31

meal_name	diet_type	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Paleo Snack	Low-Carb	450.0	Breakfast	31	1.5	82.67	208.57	55.87
Steamed Paleo Snack	Low-Carb	496.25	Lunch	31	1.5	82.65	209.57	55.85

No workouts