

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