

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: 21978.72

Target weight change (kg): 0 | Actual: 0.97

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	Crunches	Tricep Dips	Legs	Quadriceps, Hamstrings, Glutes	Step or Box	5	19	Anterior	Builds unilateral leg strength and balance	1758.53	4
Cardio	Seated calf raises	Box Jumps	Abs	Triceps, Chest	Pull-up Bar	5	25	Upper	Combines lower body and upper body strength	1225.42	4
Cardio	Bent-over rows	Shoulder Press	Legs	Legs, Shoulders, Core	Bench or Sturdy Surface	5	25	Lower	Improves shoulder mobility and posture	1225.42	4
HIIT	Military press	Lateral Raises	Legs	Full Body, Core, Shoulders	None or Dumbbell	5	20	Lateral	Builds explosive upper body power	1345.28	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
Strength	Lateral raises	Windshield Wipers	Arms	Shoulders, Triceps	Resistance Band	5	25	Wrist Extensors	Builds back strength	1370.46	7
Cardio	Seated calf raises	Leg Raises	Legs	Shoulders, Triceps	Wall	5	19	Wrist Extensors	Targets obliques and improves core rotation	1094.4	7
HIIT	Dumbbell front raises	Decline Push-ups	Back	Core, Shoulders, Legs	Step or Box	5	20	Lateral	Improves cardiovascular fitness	1333.2	7
Strength	Incline dumbbell flyes	Push Ups	Arms	Core	Box or Platform	5	19	Lats	Targets upper chest	1435.2	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	Hyperextensions	Bench Press	Arms	Back, Biceps	Parallel Bars or Chair	5	19	Lower	Improves core stability and balance	1492.84	10
HIIT	Face pulls	Leg Raises	Chest	Glutes, Hamstrings, Core	Bench or Sturdy Surface	5	24	Upper	Improves posture and strengthens upper back	1379.4	10
HIIT	Hammer curl	Plyo Squats	Legs	Shoulders	Cable Machine	4	25	Lats	Improves balance and coordination	1470.76	10
HIIT	Dumbbell flyes	Leg Press	Back	Lower Back, Glutes	Resistance Band or Cable Machine	5	21	Triceps	Improves shoulder mobility and posture	1659.21	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
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	13
HIIT	Bird dog	Flutter Kicks	Back	Triceps, Chest	Dumbbells or Barbell	5	20	Lower Chest	Enhances full-body coordination and stability	1806.89	13
HIIT	Military press	Zottman Curls	Arms	Legs, Shoulders, Core	None or Dumbbells	5	20	Wrist Flexors	Targets obliques and improves core rotation	689.7	13
Cardio	Hyperextensions	Renegade Rows	Shoulders	Core, Obliques	Step or Box	5	20	Triceps	Strengthens lower body	1311.91	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