MacroFit Planner

Home

TODAY'S WORKOUT

TODAY'S MEALS

CALORIE GOAL
2,500

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TODAY'S WORKOUT

TODAY'S MEALS

CALORIE GOAL
2,500

WORKOUT

MONDAY
CHEST

TUESDAY
BACK

WEDNESDAY
LEGS

THURSDAY
REST

FRIDAY
SHOULDERS
+
ARMS

SATURDAY
LEGS

MACROS

CALORIES: 0

PROTIEN: 0

MACRO ANALYSIS

FOOD

MEAL NAME

DESCRIPTION:

INGREDIENTS:

HOW TO MAKE: