

Here's a draft for the PDF that summarizes the personalized data, with a casual and humorous tone:

Your Personalized Nutrition 101 Report!



Hey there, **[User's Name]**! 🎉

Congratulations on taking the first step toward your nutritional journey! Based on the information you provided, here's a breakdown of your maintenance calories, target calories, macro splits, and some delicious food sources to hit those goals. Let's dive in!

1. Your Maintenance Calories 🏋️

To keep your body running like a well-oiled machine, you need about **[Maintenance Calories] calories** per day. This is the magic number that keeps you from turning into a couch potato or a gym rat—just the perfect balance!

2. Your Target Calories 🎯

Depending on your goals, here's how many calories you should be consuming daily:

- **Bulk Up:** For muscle gains, aim for **[Target Calories for Bulk] calories**. Time to unleash your inner beast!
 - **Cut Down:** If you want to shed some extra fluff, target **[Target Calories for Cut] calories**. Beach body, here you come!
 - **Maintain:** Just looking to keep things steady? Stick with **[Target Calories for Maintain] calories**. You're perfect the way you are!
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3. Macro Split Breakdown 🍚🥑

Now, let's get into the nitty-gritty of your macros! Here's how your calories should be split:

- **Protein:** [Protein Grams] grams
- **Carbohydrates:** [Carb Grams] grams
- **Fats:** [Fat Grams] grams

Pro Tip: Hitting your macro goals is like playing Tetris—once you fit all the pieces together, it's super satisfying!

4. Food Sources to Hit Your Macros 🥦🥩

Now, what's a macro split without some delicious food? Here are some tasty sources to help you reach your goals:

Weight in grams corresponds to its uncooked/raw weight

Protein Sources:

Vegetarian:

Source	Calories per 100gm	Protein per 100gm
2% Cottage Cheese	80	11
Black Beans	347	21
Cheddar	402	25
Chickpea	364	19
Edamame	110	10
Fat Free Plain Greek Yogurt	58	10
Parmesan	431	38
Red Lentils	116	9
Tempeh	193	19
Tofu	118	14
Whey Protein	400	75

Non-Vegetarian:

Source	Calories per 100gm	Protein per 100gm
Boneless/Skinless Chicken Breast	110	23
Boneless/Skinless Chicken Thigh	130	19
Canned Tuna Flakes	130	30
Cod	80	18
Egg Whites	45	10
Eggs	105	9
Extra Lean Ground Beef (90/10)	180	21
Ground Beef (80/20)	254	17
Prawns	85	20
Sockeye Salmon	170	25
Turkey Breast	189	29
Tilapia	130	26

Carbohydrate Sources:

Source	Calories per 100gm	Carbs per 100gm
Banana	89	23
Black Beans	347	63
Boiled Lentils	116	20
Bread	265	49
Chickpeas	364	61
Millet Flour	374	73
Oats	380	68
Pasta	365	79
Potatoes	90	20
Quinoa	375	68
Rice	356	78
Sweet Potatoes	86	20

Whole Wheat Bread	247	41
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Fat Sources:

Source	Calories per 100gm	Fat per 100gm
Almonds	575	49
Avocado	160	15
Canola oil	884	100
Cashew	574	46
Cheddar Cheese	402	33
Chia seeds	524	32
Dark chocolate	580	43
Extra Virgin Olive Oil	884	100
Flax seeds	534	42
Hemp seeds	550	48
Mackerel	305	25
Parmesan Cheese	431	29
Pumpkin seeds	574	49
Sesame seeds	573	50
Sunflower seeds	585	51
Walnuts	650	65

Now remember, calories and macros may vary a little depending on the brand and other variables; so always check the nutrition label for the most accurate answer! And these are not recommended serving sizes, please consult a professional if and whenever in doubt!

5. Time to Get Cooking! 🍳👨🍳

Now that you have all this fantastic info, it's time to get cooking (or maybe just meal-prepping while binge-watching your favorite show)! Remember, hitting your macros doesn't mean you have to eat like a rabbit. Get creative and enjoy your meals!

Thanks for choosing our product! We can't wait to see you get to the next part of your nutritional journey. If you have any questions or need support, don't hesitate to reach out. 🍽️

Disclaimer: Always consult a healthcare professional before making significant changes to your diet or exercise routine. We're here for primary education and suggestions, not medical advice!