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Here's your plan for {goal}

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Rest Day:

Total Calories: {daily\_values[0]}

Calories Per Meal {(daily\_values[0] / meal\_count)}

Total Macro Breakdown (P/C/F): {macros[0][0]}/{macros[0][1]}/{macros[0][2]}

Macro Breakdown Per Meal (P/C/F): {round(macros[0][0] / meal\_count)}/{round(macros[0][1] / meal\_count)}/{round(macros[0][2] / meal\_count)}

Cardio Only:

Total Calories: {daily\_values[1]}

Calories Per Meal: {(daily\_values[1] / meal\_count)}

Total Macro Breakdown (P/C/F): {macros[1][0]}/{macros[1][1]}/{macros[1][2]}

Macro Breakdown Per Meal (P/C/F): {round(macros[1][0] / meal\_count)}/{round(macros[1][1] / meal\_count)}/{round(macros[1][2] / meal\_count)}

Weightlifting Day:

Total Calories: {daily\_values[2]}

Calories Per Meal: {(daily\_values[2] / meal\_count)}

Total Macro Breakdown (P/C/F): {macros[2][0]}/{macros[2][1]}/{macros[2][2]}

Macro Breakdown Per Meal (P/C/F): {round(macros[2][0] / meal\_count)}/{round(macros[2][1] / meal\_count)}/{round(macros[2][2] / meal\_count)}

Weightlifting + Another Strenuous Exercise:

Total Calories: {daily\_values[3]}

Calories Per Meal: {(daily\_values[3] / meal\_count)}

Total Macro Breakdown (P/C/F): {macros[3][0]}/{macros[3][1]}/{macros[3][2]}

Macro Breakdown Per Meal (P/C/F): {round(macros[3][0] / meal\_count)}/{round(macros[3][1] / meal\_count)}/{round(macros[3][2] / meal\_count)}

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