

Assuming:

1. 2000 calorie diet
2. 1 hour of exercise 5 days a week
3. No snacks included

- I want to gain muscle →
 - How much muscle? →
 - 5 pounds
 - 10 pounds
 - Weight entry
 - Current weight:
 - 0 – 99 lb
 - 100-150 lb
 - 151-200 lb
 - 201-250 lb
 - 251-300 lb
 - Recommendations
 - 0 – 99 lb looking to gain 5 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
 - 0 – 99 lb looking to gain 10 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
 - 100 - 150 lb looking to gain 5 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
 - 100 – 150 lb looking to gain 10 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
 - 151 – 200 lb looking to gain 5 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
 - 151 – 200 lb looking to gain 10 pounds of muscle

- Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
- 201 – 250 lb looking to gain 5 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
- 201 – 250 lb looking to gain 10 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
- 251 – 300 lb looking to gain 5 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”
- 251 – 300 lb looking to gain 10 pounds of muscle
 - Display message: “To meet your muscle gain goal, you need to consume an average of 00 grams of protein per meal”