

# Laporan Rencana Diet Personal

Dibuat oleh NutriPlan • 02 January 2026

| INFORMASI PENGGUNA |                   |
|--------------------|-------------------|
| Target: BULK       | BMR: 1542.0 kkal  |
| BMI: 20.8 (Normal) | TDEE: 2750.0 kkal |

## HARI KE-1 — Total: 2749 kkal

### Sarapan (Est. 824 kkal)

| Kategori  | Nama Menu                 | Porsi | Energi | P    | L    | K    |
|-----------|---------------------------|-------|--------|------|------|------|
| Staple    | Kerupuk mie kuning goreng | 69g   | 330    | 0.1  | 14.6 | 49.4 |
| Protein   | Ikan mujahir, dendeng     | 69g   | 403    | 47.3 | 10.5 | 25.8 |
| Vegetable | Sayur kohu-kohu           | 69g   | 92     | 5.1  | 4.6  | 7.8  |

### Makan Siang (Est. 1099 kkal)

| Kategori  | Nama Menu           | Porsi | Energi | P    | L    | K    |
|-----------|---------------------|-------|--------|------|------|------|
| Staple    | Jagung kuning pipil | 91g   | 331    | 8.9  | 6.6  | 62.5 |
| Protein   | Rusa, dendeng       | 91g   | 485    | 36.7 | 37.6 | 0.0  |
| Vegetable | Sayur ndusuk        | 91g   | 44     | 2.8  | 2.3  | 3.3  |
| Fruit     | Buah kom            | 91g   | 239    | 3.6  | 1.0  | 53.9 |

### Makan Malam (Est. 824 kkal)

| Kategori  | Nama Menu           | Porsi | Energi | P    | L    | K    |
|-----------|---------------------|-------|--------|------|------|------|
| Staple    | Keripik kentang     | 77g   | 344    | 2.1  | 14.5 | 51.6 |
| Protein   | Ikan mujahir goreng | 77g   | 320    | 36.1 | 18.4 | 0.0  |
| Vegetable | Sayur lebui         | 77g   | 49     | 1.6  | 0.5  | 9.6  |
| Fruit     | Pisang ketip        | 77g   | 111    | 0.8  | 0.2  | 26.5 |