

Your BMR: 2476.25 calories/day

You Have Very High Metabolism

 **Profile:** Common in athletes, very active people, or those with high muscle mass.

Nutrition Tips:

- Eat every 3–4 hours to meet your high energy demands.
- Prioritize calorie-dense, nutritious foods (e.g., avocado, nuts, whole grains).
- Use recovery-focused meals like Greek yogurt, berries, and turmeric milk.

Training Focus:

- Follow a structured strength and endurance training plan.
- Rotate muscle groups to prevent overtraining.
- Use foam rollers or get massages to reduce soreness.

Mind & Mood:

- Watch for signs of burnout (fatigue, irritability).
- Take regular breaks and rest days for mental recovery.

Bonus Tips:

- Consider supplements (protein, creatine) only as needed.
- Keep consistent meal timing even on rest days to maintain recovery.