

A top-down view of various fresh ingredients arranged on a rustic wooden surface. The items include a head of green cabbage, a head of broccoli, a raw chicken drumstick, a large piece of raw red meat, three brown eggs, a whole silver fish, two pears, three red apples, a cantaloupe melon, an orange, a leek, and a green zucchini. The text "My Meal Mastery Profile" is centered over the middle of the image.

My Meal Mastery Profile

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My Meal Mastery Profile

My Info

Age		Activity Level	
Gender		Goal	
Height		My Diet Type	
Weight		My Supplement Type	

My Numbers

BMI		BMR		Calorie Range	
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My Portions

Proteins	Fats	Carbs	Water (8oz glasses)
			½ body weight in ounces Max 100 oz