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MyMacroTracker: Cross-Platform App for Macros and Meals
MyMacroTracker uses AI and fitness data to help users track macros and plan meals across all devices.

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MyMacroTracker is a newly launched fitness and nutrition tool designed to help gym-goers stay consistent with their health goals. It simplifies meal planning and macronutrient tracking by offering a personalized experience tailored to each user's fitness objectives. Available as both a mobile app and a web application, it gives users the flexibility to manage their nutrition from any device, at any time.

Users can set personalized fitness goals such as bulking, cutting, or maintaining, and receive meal plans that align with their objectives. MyMacroTracker creates suggestions based on ingredients the user already has at home, making healthy eating both convenient and practical. The app also connects with fitness tracking data to adjust nutrition plans based on physical activity.

"I was inspired to create MyMacroTracker because I kept running into the same challenge of sticking to my nutrition goals while balancing workouts and everyday life," said Kartikeya Arvind Yadav, creator of the app. "I wanted something that not only tracks what I eat, but actually helps me plan my meals and stay on track with my fitness journey."

MyMacroTracker brings together AI-powered meal suggestions, nutrition tracking, and automatic calorie adjustments based on daily activity to give users a personalized fitness tool. The cross-platform availability of the application allows users to easily switch between the mobile app while on the move and the web interface when planning meals at home.

Key Features

- Helps users set personalized macro goals based on their fitness targets and body measurements
- Recommends meals using ingredients already available in the user's kitchen
- Uses AI to create recipe suggestions that support daily nutrition goals
- Connects with Apple Health and Google Fit to reflect real-time fitness activity
- Updates calorie and macro needs automatically based on workout intensity and duration
- Generates organized grocery lists from selected meal plans to simplify shopping
- Accessible on both mobile devices and web browsers for flexibility and convenience

MyMacroTracker is currently available in beta through its web platform, allowing early users to explore core features and share feedback. A full version, including the mobile app and additional tools like weekly progress summaries, personalized coaching, and advanced nutrition insights, is expected to launch by the final quarter of this year.

For more information or to sign up for early access, please visit [MyMacroTracker GitHub Repository](#).

Frequently Asked Questions

External FAQs

1. Who is MyMacroTracker designed for?

It is built for anyone pursuing fitness goals—whether bulking, cutting, or maintaining—who wants a simpler way to plan meals and track macros.

2. What makes MyMacroTracker different from other apps?

It goes beyond logging calories by offering AI-powered meal suggestions based on available ingredients and syncing with fitness data for a personalized experience.

3. How can I try the app or sign up for early access?

The beta is live on the web. Visit the GitHub repository for access, updates, and feedback opportunities ahead of the full launch in December 2025.

Internal FAQs

1. What technologies will power the app?

The stack includes a Python-based backend (Flask or FastAPI), PostgreSQL for data, React/React Native for the UI, and AI via OpenAI or open-source models.

2. How will user data be secured?

Data will be encrypted, and authentication will use OAuth 2.0. Privacy standards and access control best practices will be enforced.

3. How will the system scale in the future?

A modular, cloud-native architecture will support scaling. New features like coaching tools and analytics will be added without disrupting core services.