

MacroBros



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Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌫

123



space

return



Sign up

Max

maxhernandez@gmail.com



Next

Q W E R T Y U I O P

A S D F G H J K L



Z

X

C

V

B

N

M



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Your macro percentages

carbs

protein

fat

Next

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌫

123



space

return

X

Your macro percentages

40

30

30

Next

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌫

123



space

return

X

Pick ingredients

protein base

carb base

side vegetable

Ready for my recipes

Q W E R T Y U I O P

A S D F G H J K L



Z

X

C

V

B

N

M



123



space

return



Pick a protein base

Beef

Chicken

Pork

Turkey

Shrimp

Tuna

Tempeh

Tofu

Next

X

Pick ingredients

Chicken

carb base

side vegetable

Ready for my recipes

Q W E R T Y U I O P

A S D F G H J K L



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Pick ingredients

Chicken

Quinoa

Broccoli

Ready for my recipes

Q W E R T Y U I O P

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↑ Z X C V B N M ⌂

123



space

return

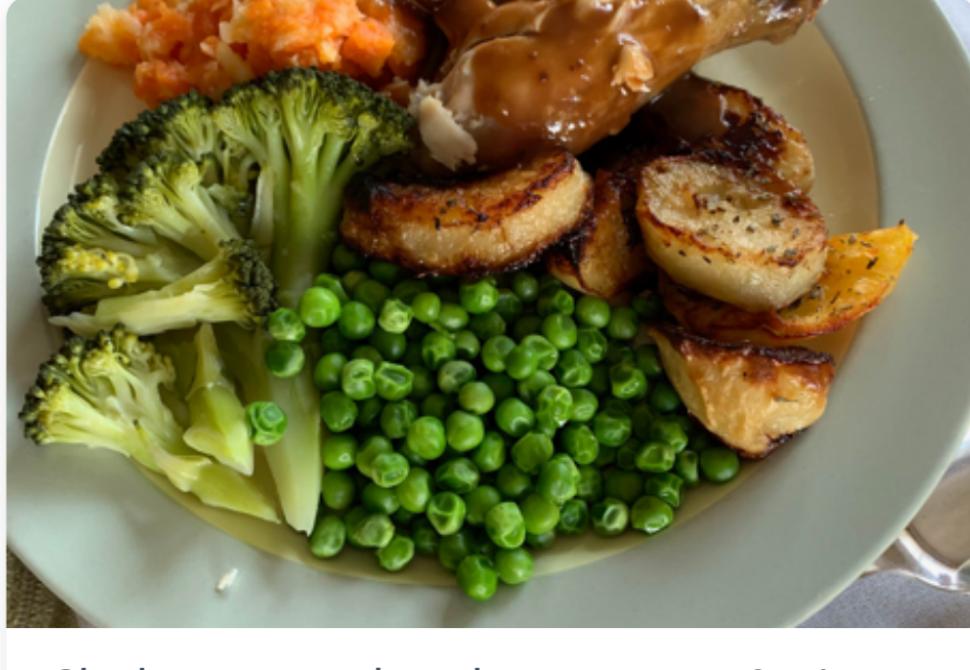
Recipes

Add. Ingr ...



Chicken and Rice Noodles

45 min



Chicken, Broccoli and Potatoes

40 min



Stir-Fry Chicken with Broccoli

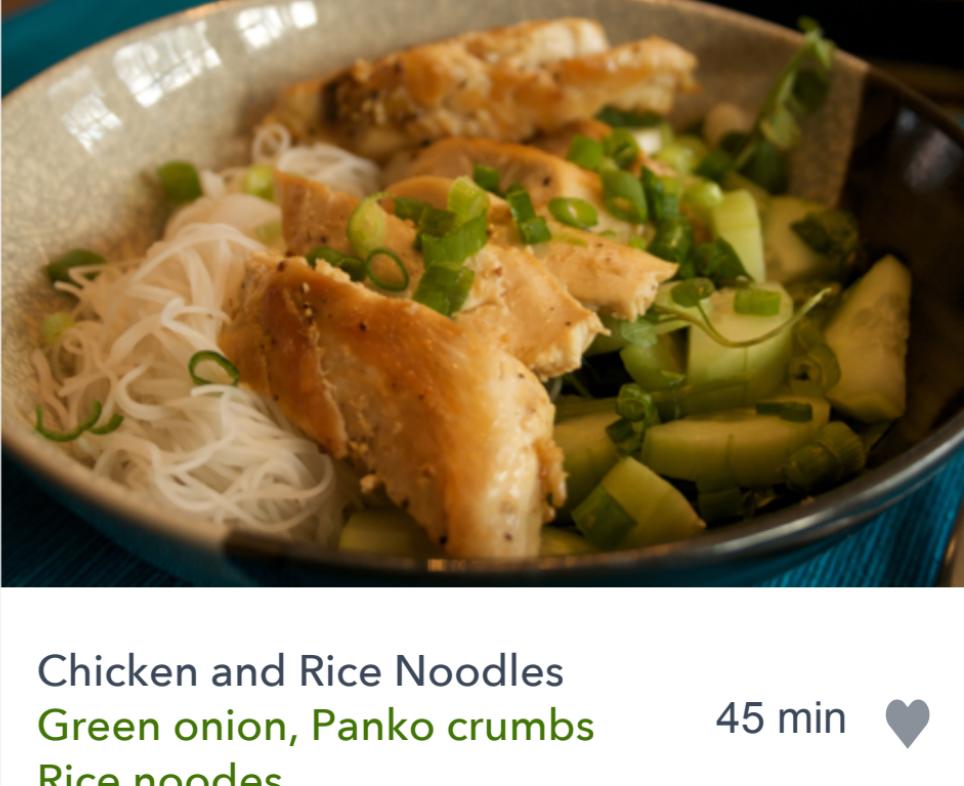
35 min



Chicken Bento Box

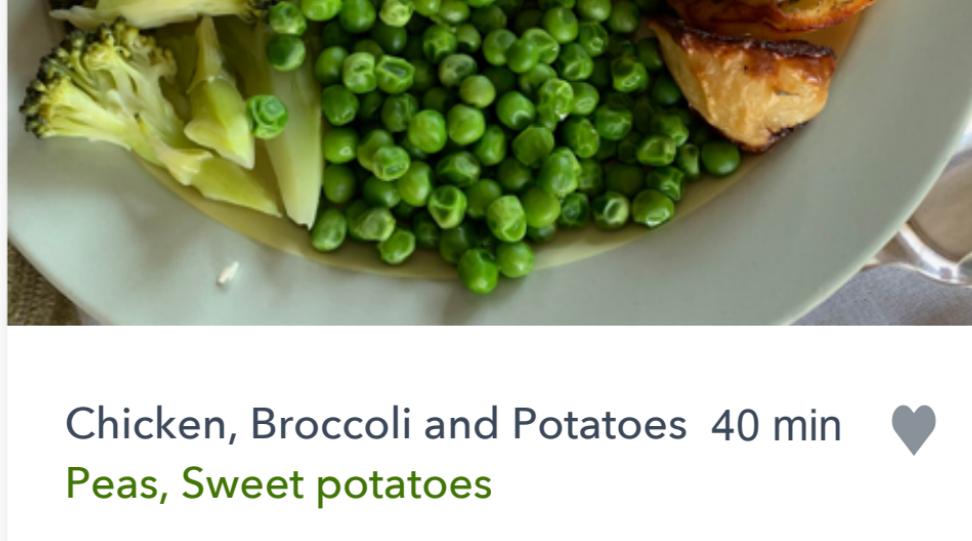
60 min





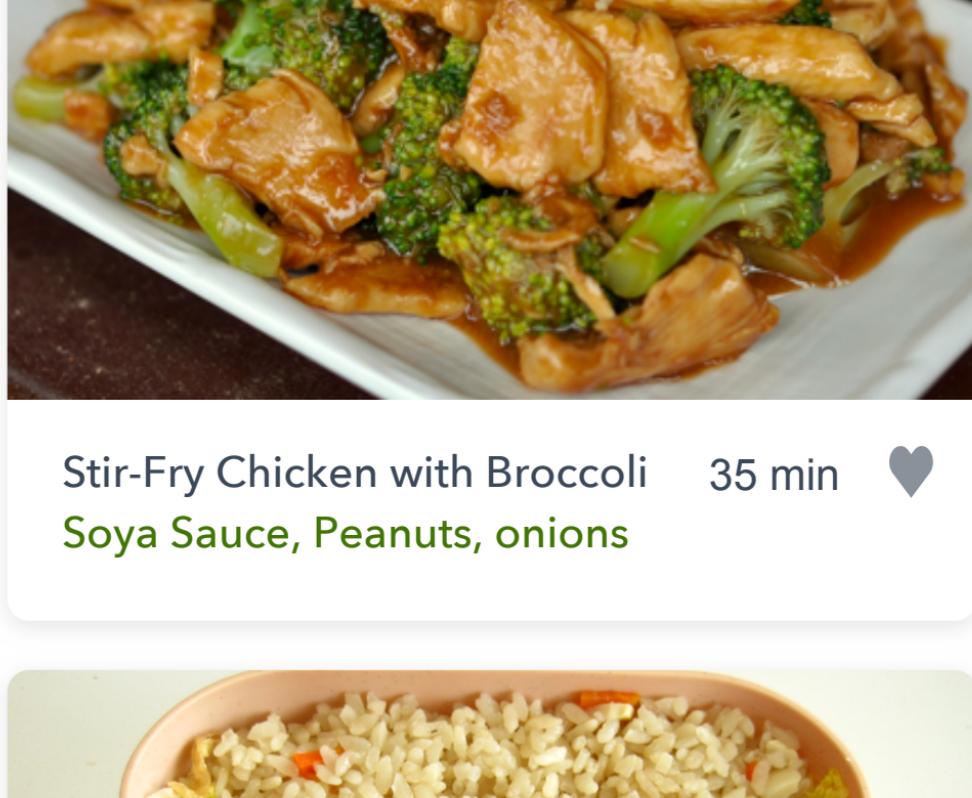
Chicken and Rice Noodles
Green onion, Panko crumbs
Rice noodles

45 min



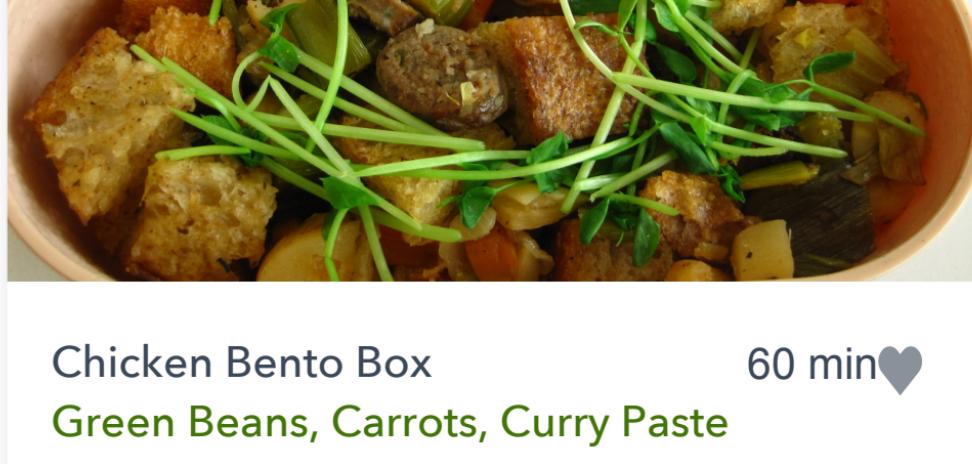
Chicken, Broccoli and Potatoes 40 min

Peas, Sweet potatoes



Stir-Fry Chicken with Broccoli
Soya Sauce, Peanuts, onions

35 min



Chicken Bento Box
Green Beans, Carrots, Curry Paste

60 min



Chicken Broccoli and Potatoes Recipes ...



Chicken breast, broccoli and spring onion



Wash and chop the ingredients



Put it in the oven, your meal is ready

Done!