

Smart Nutrition Recommendation System

Enter your details to get a personalized nutrition plan!

Age

 - +

Gender

Female

 ▾

Height (cm)

 - +

Weight (kg)

 - +

Goal

Weight Loss

 ▾

Diet Type

Vegan

 ▾

Activity Level

Low

 ▾

Your BMI: 26.17 (Overweight)

Get Nutrition Plan

Recommended Daily Intake

Estimated daily calories: 1566.21 kcal

Protein: 117.48 g

Carbs: 156.61 g

Fats: 52.18 g

Tip: drink water before eating and include more vegetables*

Tip: Maintain a balanced diet with regular hydration*

Based on your BMI, you can plan: 2 main meals + 1 snacks per day