

TRUE-NATURAL-BODYBUILDING.COM			Fill in		Body Mass Index	
Gender (male / female) :			male	sex	BMI:	19,9
Age :			17	years	Lean BMI:	17,5
Length (cm) : 1 inch = 2.54 cm			185	cm	Metabolic Rate	
Bodyweight (kg) : 1 kg = 2.205 lb			68,0	kg	Basal Metabolic Rate :	
Body fat % :			12,0	%	Maintenance :	
Lean body mass (kg) :			59,8	kg	Cut :	-10%
Activity level :			1,725	activity	Bulk :	+15%
Target	Maintenance	▼	2.868 Kcal		358 kcal/m	gram per
Protein :	30%		860	kcal	215	gr
Carbs :	50%		1.434	kcal	358	gr
Fat :	20%		574	kcal	64	gr
Time / Meal	Product		Quantity	Unit	Kcal	Protein (g)
TOTAL:		100%			3.589	35%
07.30 (1)	whey, isolate	▼	30	gr	110	27
Breakfast	Brinta classic (whole grain w	▼	50	gr	163	6
	milk, nonfat (skimmed)	▼	300	gr	102	10
	bananas	▼	100	gr	89	1
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				464	43
	Energy %					37%
	% of RDA				16%	20%
10.00 (2)	water	▼	300	gr	0	0
Morning meal	bread, whole-wheat	▼	100	gr	247	13
	peanut butter (>90%)	▼	30	gr	176	8
	tuna, canned in water	▼	60	gr	77	14
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				500	35
	Energy %					27%
	% of RDA				17%	16%
12.30 (3)	water	▼	300	gr	0	0
Lunch	bread, whole-wheat	▼	100	gr	247	13
	peanut butter (>90%)	▼	30	gr	176	8
	tuna, canned in water	▼	60	gr	77	14
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				500	35
	Energy %					27%
	% of RDA				17%	16%

15.30 (4)	rice, brown, long-grain	▼	100	gr	370	8
Afternoon meal	chicken, breast meat	▼	150	gr	171	32
	mixed vegs	▼	50	gr	13	1
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				554	41
	Energy %					30%
	% of RDA				19%	19%
18.00 + 19.00 (5)	potato	▼	100	gr	77	2
Dinner + pre-workout	duck, meat without skin	▼	100	gr	135	18
	broccoli	▼	100	gr	34	3
	sunflower oil	▼	10	gr	88	0
	-----	▼	0	-	0	0
	whey, isolate	▼	30	gr	110	27
	milk, nonfat (skimmed)	▼	300	gr	102	10
	-----	▼	0	-	0	0
	Total				547	60
	Energy %					43%
	% of RDA				19%	28%
21.00 (6)	whey, isolate	▼	30	gr	110	27
Post-workout shake	milk, chocolate	▼	300	gr	204	11
	dextrose (glucose)	▼	30	gr	120	0
	creatine	▼	10	gr	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				434	37
	Energy %					34%
	% of RDA				15%	17%
22.00 (7)	cashew nuts	▼	50	gr	277	9
Snack	water	▼	300	gr	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	-----	▼	0	-	0	0
	Total				277	9
	Energy %					12%
	% of RDA				10%	4%
22.30 (8)	quark, nonfat (curd cheese	▼	500	gr	314	60

	quark, nonfat (curd cheese ▼				
Bed time meal	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
	----- ▼	0 -	0	0	
Total			314	60	
Energy %				77%	
% of RDA			11%	28%	
Recommended daily intake for your kcals (vitamins-minerals in mcg):					
TOTAL gram:				319	
TOTAL Kcal:			3.589	1.278	
TOTAL%				35%	
TARGET gram:				215	
DIFFERENCE [TOTAL - TARGET] gram:				+104	
DIFFERENCE [TOTAL - TARGET] Kcal:			+721	+418	
Please read the tab "How To - Manual" before using this excel sheet. To download the latest version of this Excel file visit my website: This is version 3.7 of this excel workbook.				TRUE-NAT © Copyright 2008 True-Nat	

kg/m ² kg/m ²	Katch - McArdle best method uses body fat %		Mifflin - St. Jeor good method uses age		Harris - Benedict not so good method uses age	
	1.663	kcal per day	1.757	kcal per day	1.812	kcal per day
kcal kcal	2.868	kcal per day	3.031	kcal per day	3.126	kcal per day
	2.581	kcal per day	2.728	kcal per day	2.814	kcal per day
	3.298	kcal per day	3.485	kcal per day	3.595	kcal per day
8	meals	Recommended Dietary Allowances for a 2500 kcal diet (vitamin-min				
27 gr		3.000	1.200	1.300	16.000	5.000
45 gr		Tolerable Upper Intake Levels (daily vitamin-mineral intake in mcg)				
8 gr		10.000	-	-	35.000	-
Carbs (g)	Fat (g)	Vit A (IU)	Vit B-1	Vit B-2	Vit B-3	Vit B-5
42%	23%	45%	200%	276%	317%	243%
0	0	0	0	0	0	0
33	1	5	224	108	3.183	504
15	0	45	135	546	282	1.071
23	0	64	31	73	665	334
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
70	2	114	390	727	4.130	1.909
60%	4%					
20%	3%	3%	28%	49%	22%	33%
0	0	0	0	0	0	0
41	3	3	353	216	4.714	686
6	15	0	22	32	4.021	318
0	2	11	5	26	3.479	74
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
47	20	14	380	274	12.214	1.078
37%	36%					
13%	32%	0%	28%	18%	67%	19%
0	0	0	0	0	0	0
41	3	3	353	216	4.714	686
6	15	0	22	32	4.021	318
0	2	11	5	26	3.479	74
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
47	20	14	380	274	12.214	1.078
37%	36%					
13%	32%	0%	28%	18%	67%	19%

77	3	0	401	93	5.091	1.493
0	4	45	96	150	15.645	2.138
2	0	100	23	47	226	102
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
79	7	145	520	290	20.962	3.733
59%	11%					
22%	11%	4%	38%	19%	114%	65%
17	0	2	80	32	1.054	296
1	6	79	360	450	5.300	1.600
7	0	623	71	117	639	573
0	10	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
15	0	45	135	546	282	1.071
0	0	0	0	0	0	0
40	17	749	646	1.145	7.275	3.540
29%	28%					
11%	27%	22%	47%	77%	40%	62%
0	0	0	0	0	0	0
36	2	306	117	555	276	1.068
30	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
66	2	306	117	555	276	1.068
61%	4%					
18%	3%	9%	8%	37%	2%	19%
15	22	0	212	29	531	432
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
15	22	0	212	29	531	432
21%	67%					
4%	34%	0%	15%	2%	3%	8%
15	2	205	105	825	640	1.075

0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
15	2	205	105	825	640	1.075
19%	4%					
4%	2%	6%	8%	55%	3%	19%
		3.441	1.377	1.491	18.354	5.736
381	92	1.547	2.748	4.118	58.242	13.913
1.523	826	% of Recommended Daily Intake (red means your vitamin-mineral intake is too low)				
42%	23%	45%	200%	276%	317%	243%
358	64	% of Upper Safety Limit (red means your vitamin-mineral intake is too high)				
+22	+28	15%	-	-	166%	-
+89	+253					
URAL-BODYBUILDING.COM						
ural-Bodybuilding.com. All content is copyright protected.						

Activity level is a value between 1.2 and 1.9 used to calculate your maintenance calorie level (maintain)						
Warning: people on drugs (caffeine, ephedrine, thyroid hormones, steroids, DNP, etc.) may have values						
1,200	= Sedentary: little or no exercise and desk job					
1,375	= Lightly active: light exercise / sports 1-3 days per week					
1,550	= Moderately active: moderate exercise / sports 3-5 days per week					
1,650	= Intense weight training program / sports 4-5 days per week					
1,725	= Very active: intense exercise / sports 6-7 days per week					
1,900	= Extra active: long and hard daily exercise / daily sports plus physical labor					

Total intake in mcg) :		Reference : http://en.wikipedia.org/wiki/Dietary_Reference_Intake				
1.300	400	2	90.000	200	15.000	120
:		Reference : http://en.wikipedia.org/wiki/Dietary_Reference_Intake				
100.000	1.000	-	2.000.000	2.000	1.000.000	-
Vit B-6	Vit B-9	Vit B-12	Vit C	Vit D (IU)	Vit E	Vit K
332%	98%	425%	131%	6%	86%	106%
0	0	0	0	0	0	0
171	22	0	0	0	410	1
111	15	2	0	0	30	0
367	20	0	8.700	0	100	1
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
649	57	2	8.700	0	540	1
43%	12%	54%	8%	0%	3%	1%
0	0	0	0	0	0	0
209	50	0	0	0	550	8
163	22	0	0	0	2.697	0
130	1	1	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
502	73	1	0	0	3.247	8
34%	16%	25%	0%	0%	19%	6%
0	0	0	0	0	0	0
209	50	0	0	0	550	8
163	22	0	0	0	2.697	0
130	1	1	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
502	73	1	0	0	3.247	8
34%	16%	25%	0%	0%	19%	6%

509	20	0	0	0	1.200	2
1.124	6	0	1.800	8	285	0
82	12	0	8.950	0	60	2
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
1.714	38	0	10.750	8	1.545	4
115%	8%	11%	10%	3%	9%	3%
295	16	0	19.700	0	10	2
340	25	0	5.800	3	700	3
175	63	0	89.200	0	780	102
0	0	0	0	0	4.108	1
0	0	0	0	0	0	0
0	0	0	0	0	0	0
111	15	2	0	0	30	0
0	0	0	0	0	0	0
921	119	2	114.700	3	5.628	107
62%	26%	69%	111%	1%	33%	78%
0	0	0	0	0	0	0
114	15	2	600	3	90	1
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
114	15	2	600	3	90	1
8%	3%	58%	1%	1%	1%	0%
209	13	0	250	0	450	17
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
209	13	0	250	0	450	17
14%	3%	0%	0%	0%	3%	12%
340	60	5	0	0	50	0

enance = BMR x activity level).

es up to twice as high as indicated below.

550.000	1.000.000	900	8.000	420.000	2.300	700.000
3.500.000	2.500.000	10.000	45.000	770.000	11.000	4.000.000
Choline	Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus
77%	185%	333%	215%	190%	473%	488%
0	108.000	0	0	0	0	0
15.600	17.000	191	1.940	69.000	1.900	173.000
46.800	366.000	39	90	33.000	9	303.000
9.800	5.000	78	260	27.000	270	22.000
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
72.200	496.000	308	2.290	129.000	2.179	498.000
11%	43%	30%	25%	27%	83%	62%
0	0	0	0	0	0	0
26.500	107.000	377	2.430	82.000	2.135	202.000
18.900	12.900	142	561	46.200	440	107.400
0	8.400	23	582	19.800	11	130.200
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
45.400	128.300	542	3.573	148.000	2.586	439.600
7%	11%	53%	39%	31%	98%	55%
0	0	0	0	0	0	0
26.500	107.000	377	2.430	82.000	2.135	202.000
18.900	12.900	142	561	46.200	440	107.400
0	8.400	23	582	19.800	11	130.200
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
45.400	128.300	542	3.573	148.000	2.586	439.600
7%	11%	53%	39%	31%	98%	55%

30.700	23.000	277	1.470	143.000	3.743	333.000
110.100	7.500	41	555	39.000	23	315.000
4.750	8.000	27	185	9.000	89	19.000
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
145.550	38.500	344	2.210	191.000	3.854	667.000
23%	3%	33%	24%	40%	146%	83%
12.100	12.000	108	780	23.000	153	57.000
53.600	11.000	253	2.400	19.000	19	203.000
18.700	47.000	49	730	21.000	210	66.000
20	0	0	0	0	0	0
0	0	0	0	0	0	0
0	108.000	0	0	0	0	0
46.800	366.000	39	90	33.000	9	303.000
0	0	0	0	0	0	0
131.220	544.000	449	4.000	96.000	391	629.000
21%	47%	43%	44%	20%	15%	78%
0	108.000	0	0	0	0	0
49.200	360.000	18	60	33.000	42	276.000
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
49.200	468.000	18	60	33.000	42	276.000
8%	41%	2%	1%	7%	2%	34%
0	18.500	1.098	3.340	146.000	828	296.500
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	18.500	1.098	3.340	146.000	828	296.500
0%	2%	106%	36%	30%	31%	37%
0	305.000	140	700	25.000	15	670.000

0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	305.000	140	700	25.000	15	670.000
0%	27%	14%	8%	5%	1%	83%
630.935	1.147.155	1.032	9.177	481.805	2.638	803.009
488.970	2.126.600	3.441	19.746	916.000	12.480	3.915.700
77%	185%	333%	215%	190%	473%	488%
14%	85%	34%	44%	119%	113%	98%

4.700.000	55	1.500.000	11.000	3.700	38	200
-	400	2.300.000	40.000	10.000	200	400
Potassium	Selenium	Sodium	Zinc	Water (g)	Fiber (g)	Cholesterol (mg)
107%	584%	223%	174%	66%	81%	128%
0	0	0	0	0	0	0
202.500	35	100.000	1.465	5	5	0
468.000	9	126.000	1.260	273	0	6
358.000	1	1.000	150	75	3	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
1.028.500	46	227.000	2.875	353	8	6
19%	72%	13%	23%	8%	18%	3%
0	0	0	0	300	0	0
248.000	40	472.000	1.800	39	7	0
194.700	2	5.100	873	1	2	0
142.200	39	30.000	288	44	0	25
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
584.900	81	507.100	2.961	384	9	25
11%	129%	29%	23%	9%	20%	11%
0	0	0	0	300	0	0
248.000	40	472.000	1.800	39	7	0
194.700	2	5.100	873	1	2	0
142.200	39	30.000	288	44	0	25
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
584.900	81	507.100	2.961	384	9	25
11%	129%	29%	23%	9%	20%	11%

223.000	23	7.000	2.020	10	4	0
555.000	48	174.000	870	114	0	96
130.500	0	4.000	160	47	1	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
908.500	72	185.000	3.050	171	4	96
17%	113%	11%	24%	4%	9%	42%
421.000	0	6.000	290	79	2	0
271.000	14	74.000	1.900	74	0	77
316.000	3	33.000	410	89	3	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
468.000	9	126.000	1.260	273	0	6
0	0	0	0	0	0	0
1.476.000	26	239.000	3.860	515	5	83
27%	41%	14%	31%	12%	11%	36%
0	0	0	0	0	0	0
420.000	8	141.000	1.440	268	0	24
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
420.000	8	141.000	1.440	268	0	24
8%	12%	8%	11%	6%	0%	10%
330.000	10	6.000	2.890	3	2	0
0	0	0	0	300	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
330.000	10	6.000	2.890	303	2	0
6%	16%	0%	23%	7%	4%	0%
430.000	45	2.030.000	1.900	405	0	35

0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
430.000	45	2.030.000	1.900	405	0	35
8%	71%	118%	15%	10%	0%	15%
5.391.630	63	1.720.733	12.619	4.244	44	229
5.762.800	368	3.842.200	21.937	2.781	36	294
107%	584%	223%	174%	66%	81%	128%
-	92%	167%	55%	28%	18%	74%

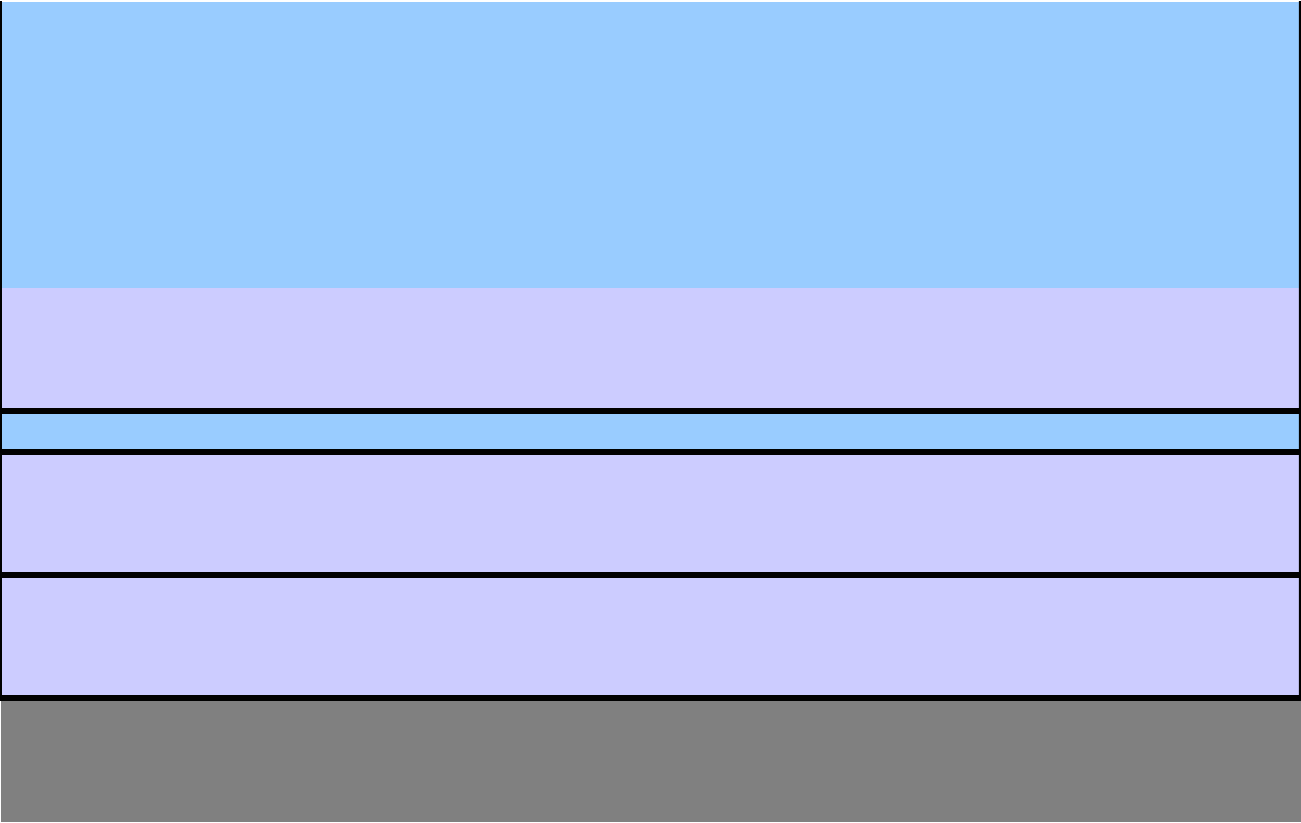
Saturated fat (g)	MonoUns fat (g)	PolyUns fat (g)	Sugars (g)	Glycemic Index	Glycemic Load
27%	45%	28%	34%	55	210
0	0	0	0	0	0
0	0	1	2	50	16
0	0	0	15	33	5
0	0	0	12	53	12
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
1	0	1	30	47	33
38%	23%	40%	42%		
0	0	0	0	0	0
1	2	1	6	71	29
3	7	4	3	40	2
0	0	1	0	0	0
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
4	9	5	8	67	32
23%	49%	29%	18%		
0	0	0	0	0	0
1	2	1	6	71	29
3	7	4	3	40	2
0	0	1	0	0	0
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
4	9	5	8	67	32
23%	49%	29%	18%		

1	1	1	1	55	42
1	1	1	0	0	0
0	0	0	1	15	0
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
1	2	2	2	54	43
27%	41%	31%	3%		
0	0	0	1	85	15
2	2	1	0	0	0
0	0	0	2	15	1
1	2	7	0	0	0
0	0	0	0	-	-
0	0	0	0	0	0
0	0	0	15	33	5
0	0	0	0	-	-
4	4	7	18	52	21
25%	25%	50%	45%		
0	0	0	0	0	0
4	3	0	15	31	11
0	0	0	30	100	30
0	0	0	0	0	0
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
4	3	0	45	62	41
51%	43%	6%	69%		
4	12	4	3	25	4
0	0	0	0	0	0
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
4	12	4	3	25	4
20%	60%	20%	20%		
2	0	0	15	30	5

0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
0	0	0	0	-	-
2	0	0	15	30	5
100%	0%	0%	100%		
24	40	25	130	55	210
27%	45%	28%	34%	sugars of total carbs	

[illegible]

Great source of vitamin E
Fast absorbing source of protein (2 hours)
Fast absorbing source of protein (2 hours)
100% pure creatine monohydrate
Great source of iron
Drink at least 2 to 3 liter water per day.



rijst, bruin, lange korrel

kip, borst

courgette

aardappel

eend, vlees zonder vel

broccoli

zonnebloemolie

wei, isolaat
melk, mager

wei, isolaat

melk, 2% vet

dextrose (glucose)

creatine

cashewnoten

water

kwark, mager

