

Gender (male / female) :	male	sex					
Age :	20	years					
Length (cm) :	80	cm	=	5' 10.9"			
Bodyweight (kg) :	77.0	kg	=	170	lbs		
Lean body mass (kg) :	67.4	kg	=	149	lbs		
Body fat % :	12.5	%					
Activity level :	1,550	activity	(value between 1.2 and 1.9)				
Body Mass Index =	23.8	kg/m²					
Lean Body Mass Index =	20.8	kg/m²					
Metabolic Rate							
Basal Metabolic Rate :			Katch - McArdle best method		Mifflin - St. Jeor good method		
Maintenance :			uses lean body mass		uses age		
			1825 kcal per day		1801 kcal per day		
			2829 kcal per day		2791 kcal per day		
			2405 kcal per day		2373 kcal per day		
			3112 kcal per day		3070 kcal per day		
Cut :	-15% kcal						
Bulk :	+10% kcal						
Target			2,405 Kcal				
Protein :	30%	721 Kcal		grams per day	grams per meal		
Carbs :	50%	1,202 kcal		301 gr	50 gr		
Fat :		481 kcal		53 gr	9 gr		
Time / Meal	Product	Quantity	Unit	Kcal	Protein (g)	Carbs (g)	Fat (g)
07.30 (1)	Brinta classic (whole grain wheat flour)	50	gr	163	6	33	1
Breakfast	SOY MILK, ORIGINAL & VANILLA, W	200	gr	86	5	10	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	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
Total				249	11	42	4
Energy %					17%	68%	14%
% of Daily Required Amount					6%	14%	7%
10.00 (2)	bread, multi-grain	69	gr	156	8	26	2
Morning meal	chicken, breast, sliced	18	gr	14	3	0	0
	almonds	20	gr	115	4	2	10
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	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				285	15	30	12
Energy %					21%	41%	38%
% of Daily Required Amount					8%	10%	23%
12.30 (3)	rice, white, medium-grain	75	gr	270	5	60	0
Lunch	chicken, breast meat	100	gr	114	21	0	3
	lettuce, green	50	gr	8	1	1	0
	olive oil	5	gr	44	0	0	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	0	0
	0	-	0	0	0	0
Total				436	27	61	8
Energy %					25%	57%	17%
% of Daily Required Amount					18%	15%	15%
15.00 (4)	bread, multi-grain	69	gr	156	8	26	2
Afternoon meal	chicken, breast, sliced	18	gr	14	3	0	0
	almonds	24	gr	138	5	5	12
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	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				309	16	31	14
Energy %					20%	39%	41%
% of Daily Required Amount					13%	9%	10%
17.30 (5)	rice, white, medium-grain	75	gr	270	5	60	0
Dinner	chicken, breast meat	100	gr	114	21	0	3
	LETTUCE, ICEBERG (INCL CRISP)	50	gr	7	0	1	0
	olive oil	5	gr	44	0	0	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	0	0
	0	-	0	0	0	0
Total				435	27	61	8
Energy %					25%	58%	17%
% of Daily Required Amount					18%	15%	15%
20.00 (6)	BF Whey Perfection	28	gr	110	22	3	1
Post-workout	bananas	150	gr	134	2	34	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	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				244	23	37	2
Energy %					36%	57%	7%
% of Daily Required Amount					13%	12%	4%
21.00 (7)	quark, nonfat (curd cheese, fromag	500	gr	314	60	15	2
Snack	almonds	25	gr	144	5	5	12
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	0	0	0	0
	0	-	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				457	65	20	14
Energy %					56%	17%	27%
% of Daily Required Amount					19%	36%	7%
22.30 (8)	0	-	0	0	0	0
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	0
	0	-	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				0	0	0	0
Energy %					0%	0%	0%
% of Daily Required Amount					0%	0%	0%
				Energy	Protein	Carbs	Fat
TOTAL gram:				164	283	63	
TOTAL Kcal:				2,414 Kcal	736	1,131	565
% of TOTAL Kcal:					30%	47%	23%
TARGET gram:				2,405 Kcal	180	301	53
DIFFERENCE [TOTAL - TARGET] gram:					+4	-18	+9
DIFFERENCE [TOTAL - TARGET] Kcal:				+9 Kcal	+15	-71	+84
This is a printable result page of the full excel workbook. You can easily copy it into another workbook (copy/paste/paste-special-values).							