07.30 (1) Breakfast 10.00 (2) Morning meal	20,8	kg/m² kg/m² kcal kcal cal value cal	180 77,0 67,4 12,5 1,550 1,550 200 0 0 0 0 0 0 0	years cm kg kg kg % activity Ka uses	tch - Mest milean b 1825 2829 2405 3112	(value between ficArdie of the day of the da	1.2 and 1.9) Miffi got 1801 2791 2373 3070 r day gr gr gr gr gr gr gr gr gr 0 0 0 0 0 0	Carbs (g) 33 10 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Bodyweight (kg): Lean body mass (kg) : Body fat % : Activity level : Body Mass Index = Body Mass Index = Motabolic Rate Basal Metabolic Rate : Maintenance : Cut : Bulk : Target Protein : Carbs : Fait : Timer / Meal 07.30 (1) Freakfast	20,8 -15% +10% -10% -10% -10% -10% -10% -10% -10% -	kcal kcal Quantity	77,0 67,4 12,5 11,55 11,550 721 11.202 481 50 0 0 0 0 0 0	kg kg % activity Ka b uses Kcal kcal kcal kcal kcal gr gr -	tch - M lean b 1825 2829 2405 3112	(value between ficArdie ethodo od y mass kcal per day	ibs ibs ibs ibs ibs its ibs its its ibs its ibs its ibs its ibs its ibs ibs ibs ibs ibs ibs ibs ibs ibs ib	od method uses age kcal per day kcal per day kcal per day kcal per day grams per 30 50 9 Carbs (g) 33 10 0 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Lean body mass (kg): Body fat %: Activity level: Body Mass Index = Lean Body Mass Index = Lean Body Mass Index = Basal Metabolic Rate: Maintenance: Cut: Bulk: Target Protein: Carbs: Frat: Time / Meal 07.30 (1) Broakfast	20,8 -15% +10% -10% -10% -10% -10% -10% -10% -10% -	kcal kcal Quantity	67,4 12,5 1,550 	kg % activity Ka b uses Kcal kcal kcal kcal gr gr	tch - N est m lean tb 1825 2829 2405 3112	value between IcArdie sthod ody mass kcal per day kcal per day kcal per day kcal per day scal pe	1.2 and 1.9) Miffigor 1801 2791 2373 3070 r day gr gr gr Gr 00 00 00 00	od method uses age kcal per day kcal per day kcal per day kcal per day grams per 30 50 9 Carbs (g) 33 10 0 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Activity level : Body Mass Index = Lean Body Mass Index = Lean Body Mass Index = Metabolic Rate = Metabolic Rate : Maintenance : Gut : Bulk : Target Protein : Garbs : Frat : Time / Meal 07.30 (1) Broakfast	20,8 -15% +10% -10% -10% -10% -10% -10% -10% -10% -	kcal kcal Quantity		Kcal kcal kcal kcal kcal gr gr	tch - Mest milean b 1825 2829 2405 3112	IcArdie ethod ody mass kcal per day kcal per day kcal per day kcal per day grams pe 180 301 163 86 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1801 2791 2373 3070 r day gr gr Protein (g) 6 5 0 0 0	od method uses age kcal per day kcal per day kcal per day kcal per day grams per 30 50 9 Carbs (g) 33 10 0 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Lean Body Mass Index = Motabolic Rate = Motabolic Rate = Basal Metabolic Rate : Maintenance : Gut : Bulk : Target Protein : Garbs : Fat : Time / Meal Or 7.30 (1) Broakfast	20,8 -15% +10% -10% -10% -10% -10% -10% -10% -10% -	kcal kcal 2	721 1.202 481 50 200 0 0 0 0 0 0	Kcal kcal kcal kcal kcal gr gr	lean b 1825 2829 2405 3112	ody mass kcal per day Strain day Strain day Kcal 163 86 0 0 0 0 0 0 0 0 0 0 0	got 1801 2791 2373 3070 r day gr gr gr gr Frotein (g) 6 5 5 0 0 0	od method uses age kcal per day kcal per day kcal per day kcal per day grams per 30 50 9 Carbs (g) 33 10 0 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Metabolic Rate Bassi Metabolic Rate: Maintenance: Cut: Bulk: Target Protein: Carbs: Fat: Time: Meal 07.30 (1) Breakfast	+10% 30% 50% 50% 20% Product Brinta classic (whole grain wheat fit of the control	kcal 2	721 1.202 481 50 200 0 0 0 0 0 0	Kcal kcal kcal kcal Unit gr gr - -	1825 2829 2405 3112	kcal per day kcal per day kcal per day kcal per day grams pe 180 301 53 Kcal 163 86 0 0 0 0 0 0 0	1801 2791 2373 3070 r day gr gr gr Protein (g) 6 5 0 0 0	kcal per day kcal per day kcal per day kcal per day grams per 30 50 9 Carbs (g) 33 10 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Maintenance : Cut : Bulk : Target Protein : Carbs : Falt : Timer / Meal 07.30 (1) Breakfast	+10% 30% 50% 50% 20% Product Brinta classic (whole grain wheat fit of the control	kcal 2	721 1.202 481 50 200 0 0 0 0 0 0	Kcal kcal kcal kcal Unit gr gr - -	2829 2405 3112	kcal per day kcal per day kcal per day grams pe 180 301 53 Kcal 163 86 0 0 0 0 0	2791 2373 3070 r day gr gr gr Protein (g) 6 5 5 0 0 0 0	kcal per day kcal per day kcal per day grams per 30 50 Carbs (g) 33 10 0 0 0 0 0	gr gr gr gr Fat (g) 1 3 0 0
Bulk: Target Protein: Carbs: Fal: Timer Meal 07.30 (1) Preakfast	+10% 30% 50% 50% 20% Product Brinta classic (whole grain wheat fit of the control	kcal 2	721 1.202 481 50 200 0 0 0 0 0 0	Kcal kcal kcal kcal Unit gr gr - -	3112	grams pe 180 301 53 Kcal 163 86 0 0 0 0 0 0	3070 r day gr gr gr gr Protein (g) 6 5 0 0 0 0 0 0	scal per day grams pet 30 50 9	gr gr gr Fat (g) 1 3 0 0 0
Protein : Carbs : Carbs : Fat : Time / Meal 07.30 (1) Breakfast	Froduct 20% 20% Product 80% SOYMILK,ORIGINAL & VANILLA,W	Quantity	721 1.202 481 50 200 0 0 0 0 0 0	kcal kcal kcal Unit gr gr - -		180 301 53 Kcal 163 86 0 0 0 0 0	gr gr Protein (g) 5 5 0 0 0 0	30 50 9 Carbs (g) 33 10 0 0 0 0	gr gr gr Fat (g) 1 3 0 0 0
Carbs: Fat: Fat: Time / Meal 07.30 (1) Broakfast 10.00 (2) Morning meal	Froduct 20% 20% Product 80% SOYMILK,ORIGINAL & VANILLA,W	Quantity	1.202 481 50 200 0 0 0 0 0 0	kcal kcal Unit gr gr - -		301 53 Kcal 163 86 0 0 0 0 0	gr gr Protein (g) 6 5 0 0 0 0	50 9 Carbs (g) 33 10 0 0 0 0 0	gr gr Fat (g) 1 3 0 0 0
Time / Meal 07.30 (1) Breakfast 10.00 (2) Morning meal	Brinta classic (whole grain wheat fit SOYMILK,ORIGINAL & VANILLA,W		50 200 0 0 0 0 0 0 0	Unit gr gr - - -		Kcal 163 86 0 0 0 0 0 0	Protein (g) 6 5 0 0 0 0 0 0 0	Carbs (g) 33 10 0 0 0 0	Fat (g) 1 3 0 0 0 0
Broakfast 10.00 (2) Mornling meal	SOYMILK,ORIGINAL & VANILLA,V Total Energy % % of Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		200 0 0 0 0 0 0 0	gr - - -		86 0 0 0 0 0	5 0 0 0 0 0 0	10 0 0 0 0 0	3 0 0 0 0
10.00 (2) Morning meal	Total Energy % sof Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		0 0 0 0 0 0			0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0	0 0 0
10.00 (2) Morning meal	Energy % % of Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		0 0 0 0			0 0 0 0	0 0 0 0	0 0 0	0
10.00 (2) Morning meal	Energy % % of Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		0 0 59 18			0 0	0 0	0	
10.00 (2) Morning meal	Energy % % of Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		59 18						0
10.00 (2) Morning meal	Energy % % of Daily Required Amount bread, multi-grain chicken, breast, sliced almonds		59 18			449	11	42	4
10.00 (2) Morning meal	bread, multi-grain chicken, breast, sliced almonds		59 18				17%	68% 14%	14% 7%
, and the second	almonds		18	gr		156	8	26	2
			20	gr gr		115	4	0 4	0 10
	***************************************		0	-		0	0	0	0
			0	-		Ó	0	Ō	0
			0 0			0	0	0	0
40.20 (2)	Total Energy %					285	15	30 41%	12 38%
	% of Daily Required Amount		75			12%	8%	10%	23%
12.30 (3) Lunch	rice, white, medium-grain chicken, breast meat		75 100	gr		114	21	60 0	3
	lettuce, green olive oil		50 5	gr ar		8 44	1 0	1 0	0 5
			0			0	0	0	0
			0	-		0	0	0 0	0
	Total		0	_				0 61	8
	Energy % % of Daily Required Amount						25%	57% 20%	17% 15%
15.00 (4)	bread, multi-grain		59	gr		156	8	26	2
Afternoon meal	chicken, breast, sliced almonds		18 24	gr gr		138	5	0 5	0 12
	***************************************		0	-				0	0
			0	-		0	0	0	0
			0			0	0	0	0
	Total Energy %					309	16 20%	31 39%	14 41 %
	% of Daily Required Amount rice, white, medium-grain		75	or			9%	10% 60	27%
Dinner	chicken, breast meat		100	gr		114	21	0	3
	LETTUCE, ICEBERG (INCL CRISP olive oil	r	50 5	gr		44	Ō	1 0	0 5
			0			0 0	0	0	0
			0			0	0	0	0
	Total		- 0			435	27	61	8
	Energy % % of Daily Required Amount							58% 20%	17% 15%
20.00 (6) Post-workout	BF Whey Perfection bananas		28 150	gr or		110	22	3 34	1
			0	-		0	0	0	0
			0	-		0	0	0	0
			0					0	0
	Total		0	-				37	2
	Energy %						36%	57%	7%
21.00 (7)	% of Daily Required Amount quark, nonfat (curd cheese, fromage)	500	gr		314	60	12% 15	2
22.30 (8)	almonds		25 0	gr -				5 0	12 0
			0			Ó	0	0	0
			0	-		0	0	0	0
			0			0	0	0	0
	Total Energy %					457	65	20 17%	14 27%
	% of Daily Required Amount					19%	36%	7%	26%
22.30 (8) Bed time Meal			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	0
	Energy % % of Daily Required Amount					0%	0% 0%	0% 0%	0% 0%
					Ener	gy	Protein	Carbs	Fat
TOTAL gram: TOTAL Kcal:					2.414	Kcal	736	283 1.131	63 565
% of TOTAL Kcal: TARGET gram:					2.405		30%	47% 301	23% 53
DIFFERENCE [TOTAL - TA DIFFERENCE [TOTAL - TA	ARGET gram:						+4	-18	+9
This is a printable result page	e of the full excel workbook. You ca	n easily con	y it in	o anoth			+15 iste/paste-spe	-71 cial-values).	+84