

**Breakfast**

554 kcal · P 29g · C 70g · F 19g

**Eggs**

128 g · 198 kcal · P 16.6g C 1.4g F 14.1g

**Oats**

68 g · 265 kcal · P 11.6g C 44.9g F 4.8g

**Banana**

102 g · 91 kcal · P 1.1g C 23.5g F 0.3g

**Lunch**

449 kcal · P 45g · C 51g · F 5g

**Chicken Breast**

128 g · 211 kcal · P 39.7g C 0g F 4.6g

**Rice (cooked)**

170 g · 221 kcal · P 4.6g C 47.6g F 0.5g

**Mixed Salad**

85 g · 17 kcal · P 1g C 3g F 0.2g

**Snack**

167 kcal · P 17g · C 24g · F 1g

**Greek Yogurt**

170 g · 100 kcal · P 17g C 6.1g F 0.7g

**Apple**

128 g · 67 kcal · P 0.4g C 17.9g F 0.3g

**Dinner**

440 kcal · P 35g · C 38g · F 16g

**Fish**

128 g · 254 kcal · P 28.2g C 0g F 15.4g

**Potato**

170 g · 131 kcal · P 3.4g C 28.9g F 0.2g

**Vegetables**

128 g · 45 kcal · P 3.2g C 9g F 0.5g

**Q Add Food****Chicken Breast**

165 kcal · P 31 C 0 F 3.6 / 100g

**Rice (cooked)**

130 kcal · P 2.7 C 28 F 0.3 / 100g

**Eggs**

155 kcal · P 13 C 1.1 F 11 / 100g

**Banana**

89 kcal · P 1.1 C 23 F 0.3 / 100g

**Oats**

389 kcal · P 17 C 66 F 7 / 100g

**Milk**

61 kcal · P 3.2 C 4.8 F 3.3 / 100g

**Beef (lean)**

217 kcal · P 26 C 0 F 12 / 100g

**Fish**

206 kcal · P 22 C 0 F 12 / 100g

**Bread**

265 kcal · P 9 C 49 F 3.2 / 100g

[← Back](#)[Save Data](#)**DAILY TOTAL**
1610 kcal

P 127g · C 182g · F 42g

**Calorie & Macro Calculator**

Your premium fitness companion



Step 3 of 3

Your Daily Meal Plan

A complete plan tuned to your goal



Calories

1610 / 1853

87%



Protein (g)

127 / 190

67%



Carbs (g)

182 / 157

100%



Fat (g)

42 / 51

82%

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**Add Food**

Search: chicken, rice, eggs, banana...

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Step 2 of 3

Your Lifestyle

Pick your activity level and goal

Activity Level**Sedentary**

Little or no exercise

**Light Activity**

1-3 workouts per week

**Moderate Activity**

3-5 workouts per week

**Very Active**

6-7 workouts per week

**Athlete**

Twice daily training

Goal**Lose Fat**

20% calorie deficit

**Maintain Weight**

Keep your current weight

**Build Muscle**

15% calorie surplus

Your Daily Targets

Calories

1853

kcal / day



Protein

190

g / day



Carbs

157

g / day



Fat

51

g / day

[← Back](#)[See Meal Plan →](#)

**Calorie & Macro Calculator**

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Step 1 of 3

Enter your information

We use this to personalize your plan

🔮 Age

30

👤 Gender

Male

Female

↑ Height (cm)

180

♂ Weight (kg)

95

Next →