

TRUE-NATURAL-BODYBUILDING.COM								
Gender (male / female) :		male sex						
Age :		31 years						
Length (cm) :		183 cm =		6' 0,0"				
Bodyweight (kg) :		114,0 kg =		251 lbs				
Lean body mass (kg) :		77,5 kg =		171 lbs				
Body fat % :		32,0 %						
Activity level :		1,650 activity		(value between 1.2 and 1.9)				
Body Mass Index =		34,0 kg/m ²		Katch - McArdle best method		Mifflin - St. Jeor good method		
Lean Body Mass Index =		23,1 kg/m ²		uses lean body mass		uses age		
Metabolic Rate				2044 kcal per day		2135 kcal per day		
Basal Metabolic Rate :				3373 kcal per day		3523 kcal per day		
Maintenance :				2867 kcal per day		2994 kcal per day		
Cut :		-15% kcal		3711 kcal per day		3875 kcal per day		
Bulk :		+10% kcal						
Target cut		2,867 Kcal		grams per day		grams per meal		
Protein :		43%		1.233 kcal		308 gr		
Carbs :		25%		717 kcal		179 gr		
Fat :		32%		918 kcal		102 gr		
Time / Meal	Product	Quantity	Unit	Kcal	Protein (g)	Carbs (g)	Fat (g)	
07.30 (1) Breakfast	Aveia Flocos Grossos	35	gr	136	6	23	2	
	whey GOLDSNUTRITION	40	gr	151	32	1	2	
	óleo de peixe, salmão	2	gr	18	0	0	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	
Total				306	38	24	6	
Energy %					49%	32%	19%	
% of Daily Required Amount				11%	12%	14%	6%	
10.00 (2) Morning meal	ovos	100	gr	143	13	1	10	
	Presunto Defumado (magro)	25	gr	42	6	0	2	
	queijo mozzarella, baixo teor de g	20	gr	51	5	1	3	
	óleo de peixe, salmão	1	gr	9	0	0	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	
Total				245	23	1	16	
Energy %					38%	2%	59%	
% of Daily Required Amount				9%	8%	1%	16%	
12.30 (3) Lunch	Arroz Integral	80	gr	90	2	19	1	
	frango, carne de pernas	150	gr	180	30	0	6	
	Alface Verde	20	gr	3	0	1	0	
	Tomates	20	gr	4	0	1	0	
	Azeite de Oliva	2	gr	18	0	0	2	
	cebolas	15	gr	6	0	1	0	
	óleo de peixe, salmão	2	gr	18	0	0	2	
	brócolis	30	gr	10	1	2	0	
	Total				328	34	24	11
	Energy %					41%	29%	29%
% of Daily Required Amount				11%	11%	13%	10%	
15.00 (4) Afternoon meal	-----	0	-	0	0	0	0	
	-----	0	-	0	0	0	0	
	Mixcelar Goldsnutrition	40	gr	151	35	2	1	
	óleo de peixe, salmão	1	gr	9	0	0	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	
Total				160	35	2	2	
Energy %					84%	5%	11%	
% of Daily Required Amount				6%	11%	1%	2%	

Target		cut		2.867 Kcal	grams per day	grams per meal	
Protein :		43%		1.233 kcal	308 gr	51 gr	
Carbs :		25%		717 kcal	179 gr	30 gr	
Fat :		32%		918 kcal	102 gr	17 gr	
Time / Meal	Product	Quantity	Unit	Kcal	Protein (g)	Carbs (g)	Fat (g)
Pré-Treino 18:00 (5)	aminoácidos, BCAA	5	gr	20	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	0	0
	-----	0	-	0	0	0	0
	-----	0	-	0	0	0	0
Total				20	5	0	0
Energy %					100%	0%	0%
% of Daily Required Amount				1%	2%	0%	0%
Jantar 20:00 (6) Pós-Treino	whey GOLDSNUTRITION	40	gr	151	32	1	2
	aminoácidos, BCAA	5	gr	20	5	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	-	0	0	0	0
Total				171	37	1	2
Energy %					87%	3%	11%
% of Daily Required Amount				6%	12%	1%	2%
21.30 (7) Ceia	frango, carne de pernas	150	gr	180	30	0	6
	Alface Verde	30	gr	5	0	1	0
	brócolis	30	gr	10	1	2	0
	óleo de peixe, salmão	3	gr	27	0	0	3
	ovos	50	gr	72	6	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
Total				293	38	3	14
Energy %					52%	4%	43%
% of Daily Required Amount				10%	12%	2%	14%
22.30 (8) Bed time meal	Gelatina Zero	6	gr	18	3	2	0
	-----	40	-	0	0	0	0
	-----	0	-	0	0	0	0
	-----	0	-	0	0	0	0
	-----	0	-	0	0	0	0
	-----	0	-	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				18	3	2	0
Energy %					64%	36%	0%
% of Daily Required Amount				1%	1%	1%	0%
Energy					Protein	Carbs	Fat
TOTAL gram:					213	57	51
TOTAL Kcal:				1.541 Kcal	851	229	459
% of TOTAL Kcal:					55%	15%	30%
TARGET gram:				2.867 Kcal	308	179	102
DIFFERENCE [TOTAL - TARGET] gram:					-96	-122	-51
DIFFERENCE [TOTAL - TARGET] Kcal:				-1.326 Kcal	-382	-488	-458

This is a printable result page of the full excel workbook. You can easily copy it into another workbook (copy/paste/paste-special-values).
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