

TRUE-NATURAL-BODYBUILDING.COM							
Gender (male / female) :		male sex					
Age :		31 years					
Length (cm) :		183 cm =		6' 0,0"			
Bodyweight (kg) :		108,0 kg =		238 lbs			
Lean body mass (kg) :		80,1 kg =		177 lbs			
Body fat % :		25,8 %					
Activity level :		1,650 activity		(value between 1.2 and 1.9)			
Body Mass Index =		32,2 kg/m ²		Katch - McArdle best method		Mifflin - St. Jeor good method	
Lean Body Mass Index =		23,9 kg/m ²		uses lean body mass		uses age	
Metabolic Rate				2101 kcal per day		2075 kcal per day	
Basal Metabolic Rate :				3467 kcal per day		3424 kcal per day	
Maintenance :				2947 kcal per day		2910 kcal per day	
Cut :		-15% kcal		3813 kcal per day		3766 kcal per day	
Bulk :		+10% kcal					
Target		cut		2,947 Kcal		grams per day	
Protein :		43%		1.267 kcal		317 gr	
Carbs :		25%		737 kcal		184 gr	
Fat :		32%		943 kcal		105 gr	
Time / Meal	Product	Quantity	Unit	Kcal	Protein (g)	Carbs (g)	Fat (g)
07.30 (1) Breakfast	ovos	50	gr	72	6	0	5
	queijo, gouda	20	gr	71	5	0	5
	óleo de peixe, salmão	2	gr	18	0	0	2
	Glutamina	5	gr	1	0	0	0
	clara de ovo	35	gr	17	4	0	0
	-----	0	-	0	0	0	0
	-----	0	-	0	0	0	0
	-----	0	-	0	0	0	0
	Total			179	15	1	13
	Energy %				34%	2%	64%
% of Daily Required Amount			6%	5%	1%	12%	
10.00 (2) Morning meal	Aveia Flocos Grossos	40	gr	156	7	27	3
	Mixcelar Goldsnutrition	30	gr	114	27	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
	Total			269	33	28	4
	Energy %				48%	40%	12%
% of Daily Required Amount			9%	10%	15%	3%	
12.30 (3) Lunch	Arroz Integral	80	gr	90	2	19	1
	frango, carne de pernas	150	gr	180	30	0	6
	Alface Verde	30	gr	5	0	1	0
	Tomates	30	gr	5	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
	-----	-	-	0	0	0	0
	Total			321	33	22	10
	Energy %				42%	28%	30%
% of Daily Required Amount			11%	10%	12%	10%	
15.00 (4) Afternoon meal	Abacate	100	gr	148	2	8	0
	amendoim, torrado	30	gr	176	7	6	15
	Mixcelar Goldsnutrition	30	gr	114	27	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
	Total			437	36	16	16
	Energy %				41%	18%	41%
% of Daily Required Amount			15%	11%	9%	15%	

Target		cut		2.947 Kcal		grams per day		grams per meal	
Protein :		43%		1.267 kcal		317 gr		53 gr	
Carbs :		25%		737 kcal		184 gr		31 gr	
Fat :		32%		943 kcal		105 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		
	Batata Doce	50	gr	38	1	9	0		
	-----	0	-	0	0	0	0		
	-----	0	-	0	0	0	0		
	-----	0	-	0	0	0	0		
	-----	0	-	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				58	6	9	0		
Energy %					38%	60%	1%		
% of Daily Required Amount				2%	2%	5%	0%		
Jantar 20:00 (6) Pós-Treino	whey GOLDSNUTRITION	40	gr	151	32	1	2		
	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		
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	100	gr	120	20	0	4		
	Alface Verde	30	gr	5	0	1	0		
	clara de ovo	65	gr	31	7	0	0		
	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		
Total				174	28	1	6		
Energy %					65%	3%	32%		
% of Daily Required Amount				6%	9%	1%	6%		
22.30 (8) Bed time meal	Gelatina Zero	6	gr	18	3	2	0		
	Mixelar Goldsnutrition	40	gr	151	35	2	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		
Total				169	38	4	1		
Energy %					87%	8%	5%		
% of Daily Required Amount				6%	12%	2%	1%		
Energy					Protein	Carbs	Fat		
TOTAL gram:					225	82	51		
TOTAL Kcal:				1.779 Kcal	902	330	462		
% of TOTAL Kcal:					53%	19%	27%		
TARGET gram:				2.947 Kcal	317	184	105		
DIFFERENCE [TOTAL - TARGET] gram:					-91	-102	-53		
DIFFERENCE [TOTAL - TARGET] Kcal:				-1.168 Kcal	-365	-407	-481		

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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