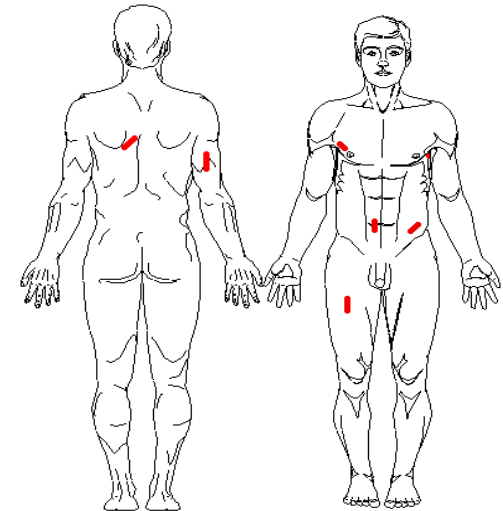
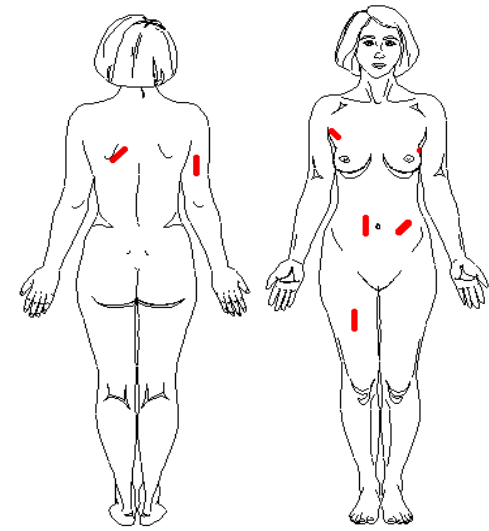


Sex:	Male	Units:	Metric
Weight:	91.50 kg	Age:	25.00 yrs
Height:	178.00 cm	LBM:	83.05 kg

Measure each site three times to mitigate measuring error

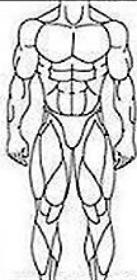
Pectoral						AVG
9.00	mm	9.00	mm	9.00	mm	9.00
Abdominal						
14.00	mm	13.00	mm	13.00	mm	13.33
Thigh						
10.00	mm	10.00	mm	10.00	mm	10.00
Tricep:						
	mm		mm		mm	
Subscapular						
	mm		mm		mm	
Suprailiac						
	mm		mm		mm	
Axilla						
	mm		mm		mm	



7point Body Fat Percentage:	3.59 %
3point Body Fat Percentage	9.23 %
Basal Metabolic Rate:	2163.95 cal
Your Body Fat result	9.23 %
3rd party Body Fat measurment	

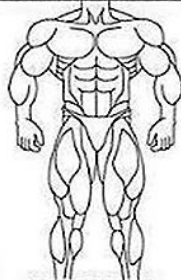
Goals	
Activity Level	pro athlete (5+ per week training)
activity level factor [fill in value from "activity levels" table]	1.75
Current Goal	fat loss
Recommended Course of action based on Body Fat and Goal	Standard diet
Required caloric intake to reach goal	2466.91
Recommended Fatloss per week	0.80
Set custom weekly goal	1.20
Whats you body type?	meso-endo

KNOW YOUR BODY TYPE



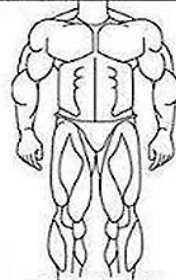
ECTOMORPH

- TYPICALLY SKINNY
- SMALL FRAME
- LEAN MUSCLE MASS
- DOESN'T GAIN WEIGHT EASY
- FAST METABOLISM
- FLAT CHEST
- SMALL SHOULDERS



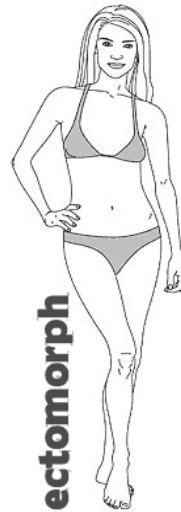
MESOMORPH

- ATHLETIC & RECTANGULAR SHAPE
- HARD BODY, DEFINED MUSCLES
- NATURALLY STRONG
- GAINS MUSCLE EASILY
- GAINS FAT EASIER THAN ECTOMORPHS
- BROAD SHOULDERS



ENDOMORPH

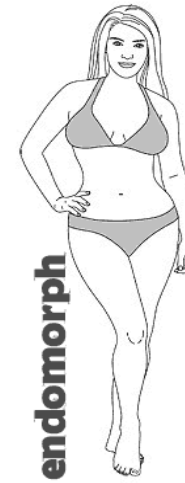
- SOFT & ROUND BODY
- TYPICALLY "SHORT & STOCKY"
- GAINS MUSCLE EASILY
- GAINS FAT VERY EASILY
- FINDS IT HARD TO LOSE FAT
- SLOW METABOLISM
- LARGE SHOULDERS



ectomorph



mesomorph



endomorph

Your Optimal ratios

protein ratio [%]	45.00
carbs ratio [%]	35.00
fats ratio [%]	20.00

Diet plan Type # of meals

Diet plan Type	# of meals	#VALUE!	
		Standard	Recommended
Breakfast	standard 6 meals	5-6 meals	

unit	quantity	Protein	carbs	fats	calories
Protein Source	Generic Whey isolate				
Fat Source	peanut butter organic				
Carbohydrate Source	Blue Berries				
Carbohydrate Source	Oatmeal				

unit	quantity	Protein	carbs	fats	calories
Protein Source	chicken breast				
Carbohydrate Source	yam				
Fat Source	coconut oil				

unit	quantity	Protein	carbs	fats	calories
Protein Source	Cod				
Carbohydrate Source	quinoa				

unit	quantity	Protein	carbs	fats	calories
Protein Source	Cottage cheese - Lowfat, 2%				

unit	quantity	Protein	carbs	fats	calories
Protein Source	chicken breast				
Carbohydrate Source	brown rice COOKED!				
Carbohydrate Source	Broccoli				
Carbohydrate Source	Vegetables				
Fat Source	coconut oil				

unit	quantity	Protein	carbs	fats	calories
Protein Source	Generic Whey isolate				
Carbohydrate Source	Banana medium				

Protein carbs fats calories

44	10	2	220
4	3	8	100
0	4	18	115
5	20	2	193

Breakfast Supplements

Fat Burner	
Multivitamin	
Omega 3 2 gr	
Vitamin C 2gr	
R-ALA	
Chromium Picolinate	

Totals For Breakfast Meal Goal

53	51
38	40
12	10
453	452

Recipe Preparation link



Protein carbs fats calories

40	2	2	193
2	42	7	174
			59

Lunch Supplements

Fat Burner	
Green Tea	
5 gr BCAA	

Totals For Lunch Meal Goal

42	46
42	36
9	9
425	411

Recipe Preparation link



Protein carbs fats calories

46	2	2	210
7	35	3	187
			15

Dinner Supplements

Green Tea	
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Totals For Dinner Meal Goal

53	46
35	36
5	9
397	411

Recipe Preparation link

Protein carbs fats calories

35	10	5	225
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Pre bed time Supps 15-30min

ZMA	
GABA	

Totals For Pre Bed time Meal Meal Goal

35	23
10	18
5	5
225	206

Recipe Preparation link

	Daily Totals	Daily Goal
Protein (grams)	292	278
carbs (grams)	213	216
fats (grams)	48	55
calories (kcal)	2427	2467

Protein carbs fats calories

46	2	2	220
6	46	2	222
2	4	17	11
		11	88

Pre workout supps 15-30min

Recommended Preworkout	
5-10 or pure BCAA	
5-10 or Creatine	
Tribulus terrestris	
D-aspartic acid	

Totals For Pre workout Meal Meal Goal

54	56
50	43
15	11
547	493

Recipe Preparation link

Protein carbs fats calories

55	13	3	275
1	27	105	

Post workout supps 15-30min

5gr pure BCAA	
5gr Creatine	
omega 3 2 gr	
Vitamin C 2 or 5 or Glutamine	

Totals For Post Workout Meal Meal Goal

56	56
40	43
3	11
380	493

Recipe Preparation link

Recipe Preparation link

Recipe Preparation link

Items	daily requirement	weekly requirement	monthly requirement
Generic Whey isolate	4.5 scoops	31.5 scoops	126 scoops
peanut butter organic	15 grams	105 grams	420 grams
Blue Berries	40 grams	280 grams	1120 grams
Oatmeal	30 grams	210 grams	840 grams
	15	105	420
chicken breast	375 grams	2625 grams	10500 grams
yam	150 grams	1050 grams	4200 grams
coconut oil	25 grams	175 grams	700 grams
Cod	200 grams	1400 grams	5600 grams
quinoa	50 grams	350 grams	1400 grams
Cottage cheese - Lowfat, 2%	250 grams	1750 grams	7000 grams
brown rice COOKED!	200 grams	1400 grams	5600 grams
Broccoli	50 grams	350 grams	1400 grams
Vegetables	unit	unit	unit
Banana medium	1 serving	7 serving	28 serving



SHOPPING LIST