

What does your body actually need every day?

Description

A simple nutrient calculator for real life.

Gender

☒ Male ☐ Female

Age (years)

Fitness Goal

Weight (kg)

Height (cm)

Daily Activity Level

Moderately Active
(Moderate exercise 3-5
days/week) ▼

Your Daily Targets

2,300 kcal

Protein 0g Building & muscle repair

Fats 0g Hormones & vital energy

Carbs 0g Primary daily fuel source

Dietary Fiber 0g Digestion & gut health