Enter Weight:		*Activity levels:*	*S is sedentary (desk job, no exercise)*		protein	carbs	fat
Enter Body Fat Percentage:			*L is lightly active (exercise 1-3 days/week)*	calories/gram			
Select activity level (definitions at right):			*M is moderately active (exercise 3-5 days/week)*	percent %			
Select your goal:			*V is very active (exercise 6-7 days/week)*				
Daily calories needed to reach your goal			*E is extremely active (physical job + hard exercise daily or 2x a day training)*				

Select meal components from drop-down menu and enter serving size below:	Serving	Size:	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Sugar (g)	Cholesterol (mg)	
MEAL TOTALS: % of Calories:											
MEAL TOTALS: % of Calories:											
MEAL TOTALS: % of Calories:											
MEAL TOTALS: % of Calories:											
MEAL TOTALS: % of Calories:											
DAILY TOTALS: % of Calories:											