Calorie Calculator Result

Health data	
Name	**Zubaer Ahammed**
Email	**contact@zubaer.com**
Age	**32**
Gender	**Male**
Height	**5 feet 7 inches**
Weight	**163 pounds**
Activity	**Sedentary - little or no exercise**
Body fat	**13%**

Your snapshot	
BMI	**25.5**
	Overweight
BMR	**1759**
	Calories/day
TDEE	**2111**
	Maintain · Calories/day
Formula used: Katch–McArdle (body fat)	

Daily macros	
Protein	**158 g (30%)**
Carbs	**211 g (40%)**
Fat	**70 g (30%)**

Daily calorie targets		
You need	**2111**	calories/day to maintain your weight
You need	**1611**	calories/day to lose 1 lb per week
You need	**1111**	calories/day to lose 2 lb per week
You need	**2611**	calories/day to gain 1 lb per week
You need	**3111**	calories/day to gain 2 lb per week

Suggested day plan	
Based on Maintain · target 2111 kcal	
Food suggestions	
Breakfast	**620 kcal**
2× Sandwich — 1 (6" Subway) (preferred)	**620 kcal**

Thank you! - Md. Zubaer

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Lunch	**817 kcal**
2× Cheeseburger — 1 (McDonald Medium) (preferred)	**720 kcal**
Coca-Cola Classic — 1 cup (preferred)	**97 kcal**
Dinner	**720 kcal**
2× Caesar salad — 1 serving (3 cups) (preferred)	**720 kcal**
Snack	**260 kcal**
2× Pork, cooked — 1 slice (2 oz.) (preferred)	**260 kcal**
Food total	**2417 kcal**
Exercise suggestions	
Golf (Using Cart) (preferred)	**About 273 kcal/hr**
Walk (preferred)	**About 316 kcal/hr**

Please follow the result above to achieve your expected health status. If you have any questions, you can email us at the following email address:

contact@zubaer.com