

MEAL PLAN MACRO



LEAN: Low Carb



BUILD: High Protein

HOW WE APPROACH YOUR MEALS?

STEP 1:

Our chef designs a menu that has various cuisines and a wide range of protein, carbs, vegetables and healthy fats.

STEP 2:

We then proportion your protein, carbs and fat according to your macros for each meal.

STEP 3:

We determine how much of each ingredient we can provide per meal based on USDA guidelines (e.g., 100g of cooked chicken thigh has 28g protein).

USDA* REFERENCE TABLE

Item	Protein per 100g of cooked weight
Chicken	28g
Beef	27g
Pork	27g
Ling Fish	25g
Egg	14g

Item	Carbs per 100g of cooked weight
Bread	50g
Rice	28g
Soba noodle	22g
Potato	17g
Pumpkin	7g

Item	Fat per 100g
Olive oil	93g
Walnuts	60g
Feta cheese	22g
Olives	15g
Avocado	15g

*You can find more references at
<https://ndb.nal.usda.gov>

YOUNI

Meal Plan Average Macros*

LEAN PROTEIN - HEALTHY FATS - LOW GI CARBS

Meal Plan Type	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	90	60	65	1185
Lean 1500	100	75	85	1465
Lean 1800	120	90	105	1785
Build 2000	140	150	100	2060
Build 2500	160	185	125	2505
Build 3000	180	220	150	2950

Breakfast	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	25	10	15	275
Lean 1500	25	15	20	340
Lean 1800	35	20	25	445
Build 2000	40	40	30	590
Build 2500	45	50	40	740
Build 3000	55	65	50	930

Lunch	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	30	20	20	380
Lean 1500	35	25	30	510
Lean 1800	40	30	40	640
Build 2000	50	50	30	670
Build 2500	55	65	40	840
Build 3000	60	75	50	990

Dinner	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	30	20	20	380
Lean 1500	35	25	25	465
Lean 1800	40	30	30	550
Build 2000	45	50	30	650
Build 2500	55	60	35	775
Build 3000	60	70	40	880

Snack	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Daily snack 1	2.5	5	5	75
Daily snack 2	2.5	5	5	75

*We do our best to achieve the above target macros by weighing key ingredients according to USDA nutrition guidelines, however actual portions may have a slight deviation of +/- 10%