

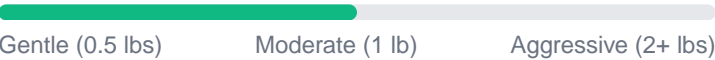
# Linda, your personalized plan is ready 📌

☑ **TLDR:** Eat **1381** calories per day to reach your target weight by February 18, 2026.

💬 Linda, your journey is about creating vibrant memories with loved ones. Every step toward your 40 lb goal brings you closer to the active, joyful retirement you deserve. Believe in yourself!

## 📈 Plan Details

Weekly Weight Loss **1.0 lbs**



This is 0.57% of your current body weight per week. This is a sustainable rate for healthy weight loss.

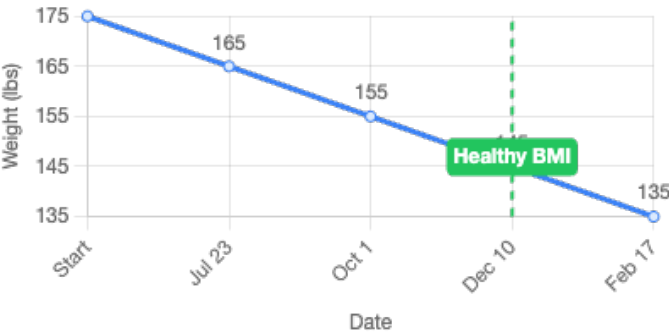
Weight to Lose **40.0 lbs**

You have 280 days to reach your goal, which is achievable at a safe and healthy pace.

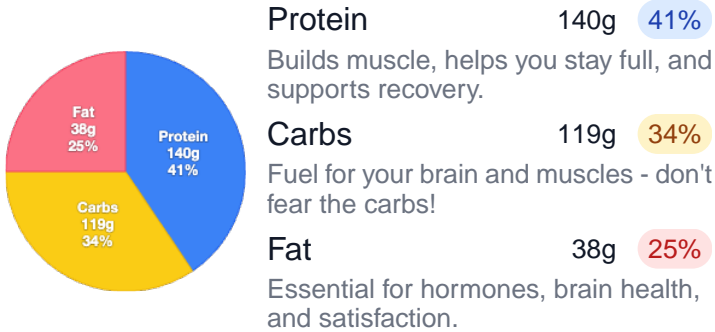
Daily Calorie Deficit **500 calories**

This creates a weekly deficit of 3,500 calories, equivalent to 1.0 pounds of fat loss per week.

## 📊 Weight Loss Projection



## 🍽 Daily Macros



## 🥗 Nutrition Breakdown

Nutrient	Grams	Calories	% of Diet	Example Foods
Protein	140g	560	41%	Chicken breast, Greek yogurt, Eggs
Carbohydrates	119g	476	34%	Brown rice, Sweet potato, Quinoa
Fat	38g	345	25%	Avocado, Olive oil, Nuts
Total	297g	1381	100%	

## 🔍 Health Metrics

Basal Metabolic Rate (BMR) **1339 calories**

Calories your body needs at complete rest to maintain basic functions.

Current BMI **Obese 30**

Target BMI **Healthy 23.2**

Total Daily Energy Expenditure **1881 calories**

Total calories you burn daily including activity and exercise.