

XYZ Calculators

Calorie

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Currency: ₹ (India)

Summary

Parameter	Value
BMR	1,575 kcal/day
Maintenance Calories	2,441.25 kcal/day
Goal Calories	2,191.25 kcal/day
Protein	164.34 g/day
Carbohydrates	246.52 g/day
Fat	60.87 g/day
BMI	21.31

Detailed Schedule

All monetary values in ₹ (India)

Metric	Value	Unit
Basal Metabolic Rate	1,575.00	kcal/day
Maintenance Calories	2,441.25	kcal/day
Goal Calories	2,191.25	kcal/day
Protein	164.34	g/day
Carbohydrates	246.52	g/day
Fat	60.87	g/day
BMI	21.31	score

This report is generated by xyz calculators. Results are approximate and for informational purposes only.
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