



QUICK CARD

FuelPlanner Pro

How it works – one page

FuelPlanner Pro is a multi-brain nutrition engine for trainers.

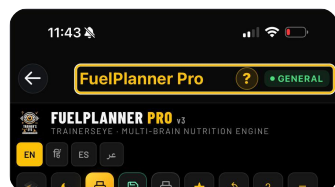
TrainersEye app → Dashboard → FuelPlanner Pro · General plan

GETTING STARTED

THE CLIENT

THE PLAN

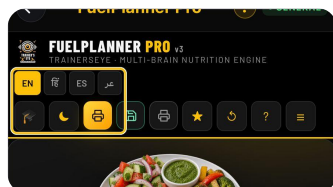
SHARE AND KEEP



1

Open the tool

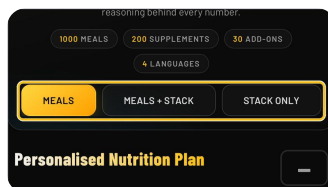
From the Dashboard, tap FuelPlanner Pro. It is part of the General plan, so every subscriber can use it.



2

Language, view and look

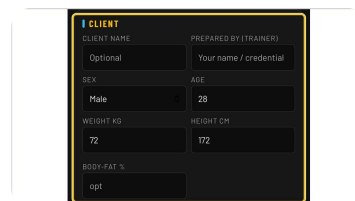
Pick English, Hindi, Spanish or Arabic with the pills.



3

Choose what to build

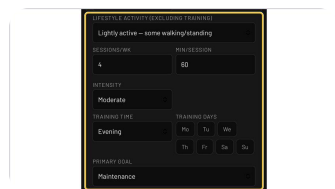
Meals builds the meal plan; Meals + Stack adds a supplement stack; Stack Only gives the supplements alone.



4

Enter the client

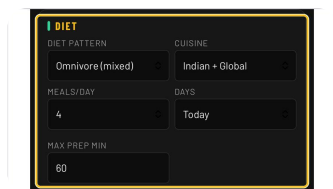
Fill in the client's name if you wish, your own name as the trainer, then sex, age, weight, height and body-fat percentage if known.



5

Activity, training and goal

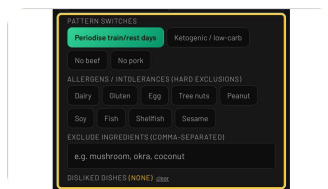
Set lifestyle activity excluding training, then the training week – sessions, minutes, intensity, time of day and days – and the primary goal.



6

Diet pattern and cuisine

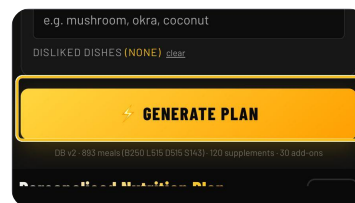
Choose the diet pattern, the cuisine, meals per day, how many days to plan and the maximum preparation time.



7

Switches, allergens and exclusions

Turn on Periodise train/rest days, Ketogenic / low-carb, No beef or No pork as needed.



8

Generate the plan

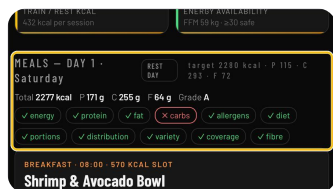
Tap Generate Plan.



9

Read the targets

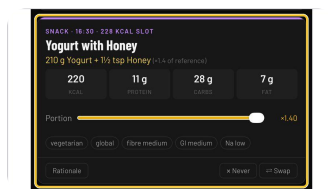
The tiles show the daily prescription: energy with TDEE and BMR, protein in grams and grams per kilo, carbohydrate and fat as a share of energy, fibre, fluid, train and rest day energy, and energy availability.



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Check the day

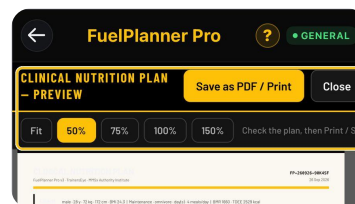
Each day shows whether it is a training or rest day, its target, the total delivered and the grade, with a row of audit checks – energy, protein, fat, carbs, allergens, diet, portions, distribution, variety, coverage and fibre.



11

Adjust each meal

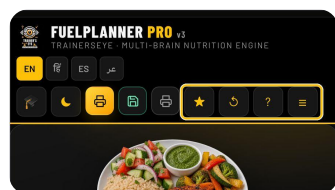
Every meal lists the dish, its ingredients in grams and its macros.



12

The clinical document

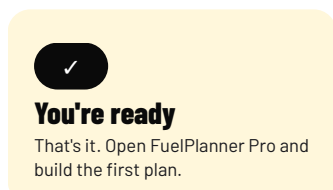
Tap the PDF button to open the Clinical Nutrition Plan preview. Check it at any zoom, then Save as PDF / Print.



13

Save, history and help

The star saves the plan, the arrow opens your plan history, and the question mark reopens the first-use guide.



You're ready

That's it. Open FuelPlanner Pro and build the first plan.

ON THE DOCUMENT

TITLE, SERIAL AND DATE · CLIENT LINE · DAILY TARGETS · DAY BAR · MEAL CARDS · QUALITY AUDIT · SHOPPING LIST · METHOD, EVIDENCE AND CONDITIONS OF USE