

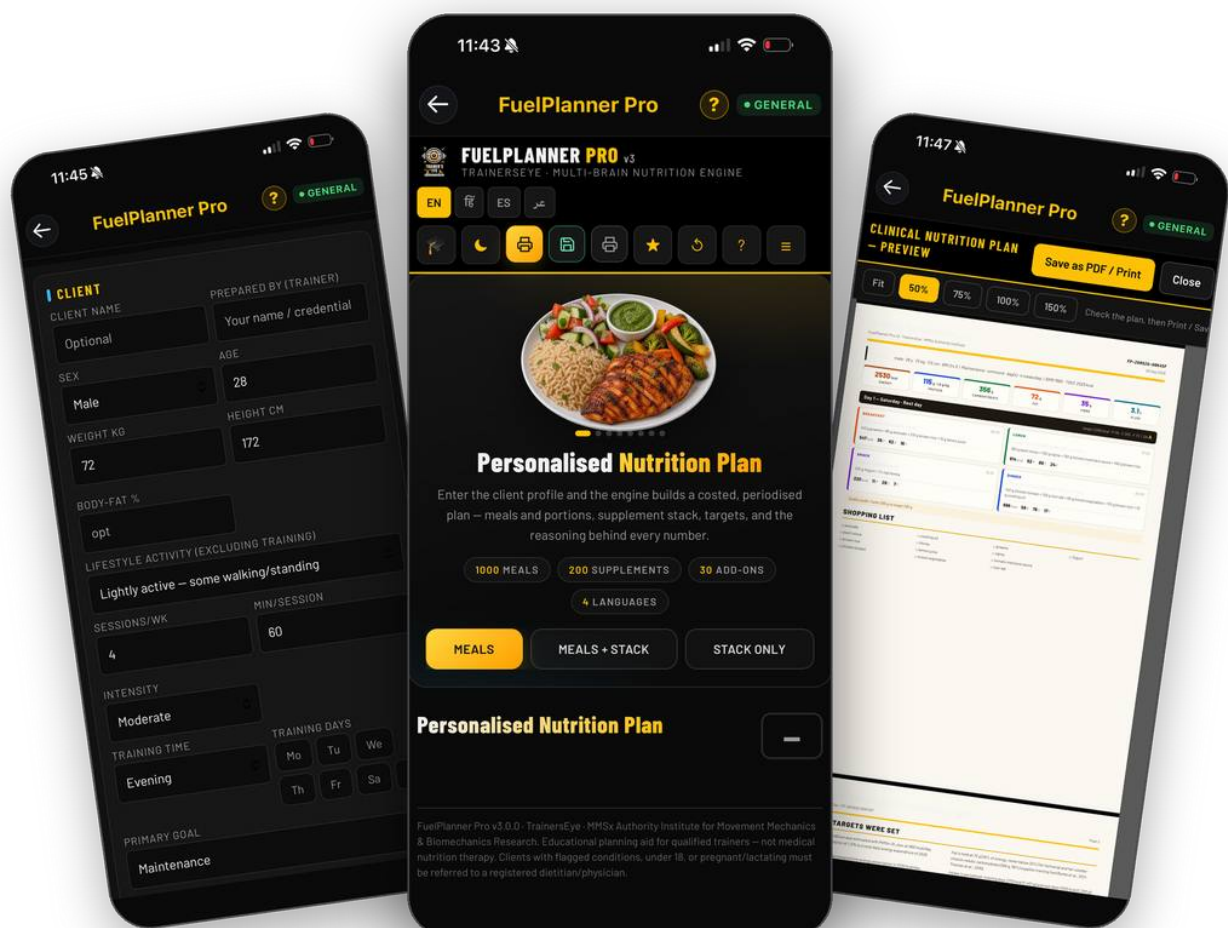


USER GUIDE

FuelPlanner Pro

A costed, periodised nutrition plan for every client – with the reasoning behind every number.

How to use the tool, step by step – in the TrainersEye app





What is FuelPlanner Pro?

FuelPlanner Pro is a multi-brain nutrition engine for trainers. Enter a client's profile, training week and diet rules, and it builds a personalised plan: energy and macro targets from the client's own numbers, periodised training and rest days, meals with portions in grams, an optional graded supplement stack, a quality audit of the whole day, and a clinical A4 document with the method and evidence behind every figure. Every plan carries a serial number and can be saved, printed or shared.

Targets from the client's numbers

Energy from BMR and lifestyle plus the real training week; protein by goal in grams per kilo; fibre and fluid set to the plan; train and rest days periodised.

Meals you can adjust

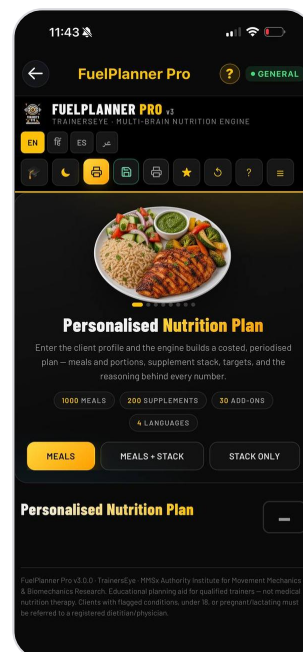
Every meal in grams with its macros – slide the portion, swap the dish or mark it Never, and the day re-grades live.

A graded supplement stack

Meals only, meals with a stack, or stack only – supplements graded by evidence with timing, doses and interactions.

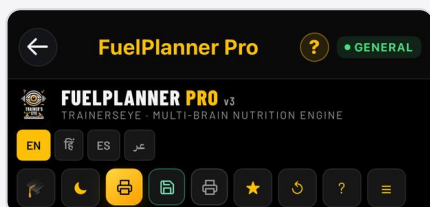
A clinical document

Save as PDF or print: targets, meals, shopping list and the method and evidence pages, with serial number and barcode.



Where to find it

Open the TrainersEye app, go to the Dashboard and tap FuelPlanner Pro. It is part of the General plan, so every subscriber can use it.



This guide in thirteen steps

- 1 Open the tool
- 2 Language, view and look
- 3 Choose what to build
- 4 Enter the client
- 5 Activity, training and goal
- 6 Diet pattern and cuisine
- 7 Switches, allergens and exclusions
- 8 Generate the plan
- 9 Read the targets
- 10 Check the day
- 11 Adjust each meal
- 12 The clinical document
- 13 Save, history and help



PART 1 - GETTING STARTED

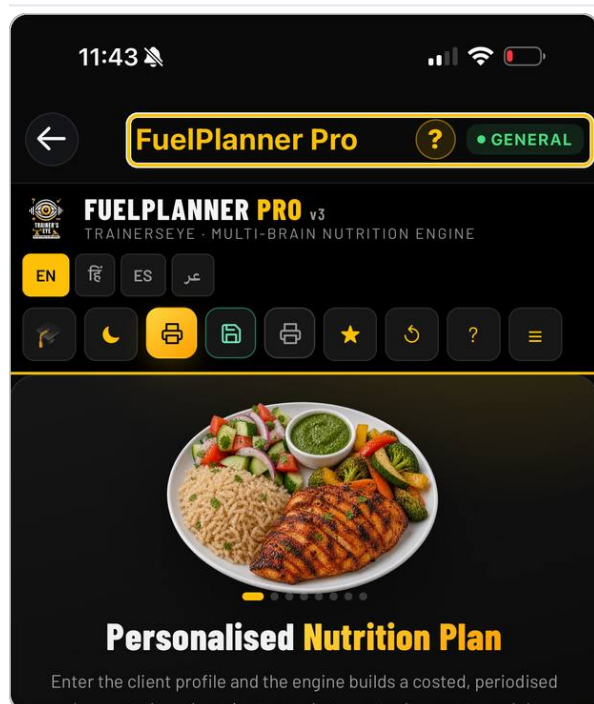
STEP 1

Open the tool

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

TIP

Your plan level shows beside the title, so you always know what is included.



PART 1 - GETTING STARTED

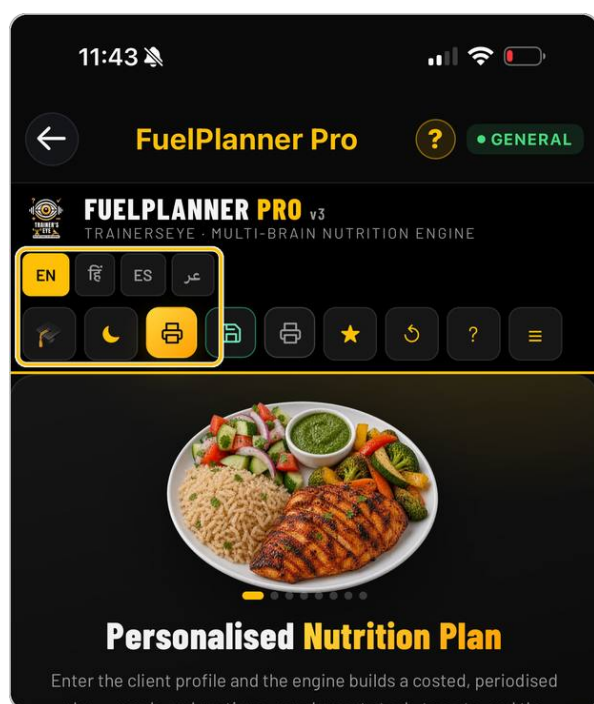
STEP 2

Language, view and look

Pick English, Hindi, Spanish or Arabic with the pills. The graduation cap switches between trainer view and a client view that hides the working; the moon and sun switch the dark and light look.

TIP

Use the light look before printing or when you show the plan on a bright screen.





PART 1 - GETTING STARTED

STEP 3

Choose what to build

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

TIP

Start with Meals for a new client; add the stack once the food is settled.

PART 2 - THE CLIENT

STEP 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.

TIP

Body-fat is optional, but with it the protein target is set on lean mass rather than total weight.



PART 2 · THE CLIENT

STEP 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.

TIP

Training is costed session by session, so the numbers stay honest when a client trains three days one week and five the next.

PART 2 · THE CLIENT

STEP 6

Diet pattern and cuisine

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

TIP

Indian + Global gives the widest choice; a single cuisine keeps every dish in one kitchen.



4 today

MAX PREP MIN
60

PATTERN SWITCHES

Periodise train/rest days Ketogenic / low-carb

No beef No pork

ALLERGENS / INTOLERANCES (HARD EXCLUSIONS)

Dairy Gluten Egg Tree nuts Peanut

Soy Fish Shellfish Sesame

EXCLUDE INGREDIENTS (COMMA-SEPARATED)

e.g. mushroom, okra, coconut

DISLIKED DISHES (NONE) [clear](#)

GENERATE PLAN

DB v2 · 893 meals (B250 L515 D515 S143) · 120 supplements · 30 add-ons

PART 2 · THE CLIENT

STEP 7

Switches, allergens and exclusions

Turn on Periodise train/rest days, Ketogenic / low-carb, No beef or No pork as needed. Tick allergens and intolerances – these are hard exclusions – and type any ingredients to exclude.

TIP

Allergens and exclusions are never overridden by a swap; disliked dishes are remembered for next time.

PATTERN SWITCHES

Periodise train/rest days Ketogenic / low-carb

No beef No pork

ALLERGENS / INTOLERANCES (HARD EXCLUSIONS)

Dairy Gluten Egg Tree nuts Peanut

Soy Fish Shellfish Sesame

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GENERATE PLAN

DB v2 · 893 meals (B250 L515 D515 S143) · 120 supplements · 30 add-ons

Personalised Nutrition Plan

PART 2 · THE CLIENT

STEP 8

Generate the plan

Tap Generate Plan. The engine sets the targets, chooses and scales the meals, audits the day and shows the plan with its grade and serial number.

TIP

Not happy with a day? Generate again – the engine avoids repeating yesterday's dishes.



MEALS
MEALS + STACK
STACK ONLY

Meal Plan

Saturday, 26 September 2026 - Maintenance - omnivore - Indian + Global - 1 day(s) - FP-260926-90K4SF

2530
KCAL / DAY
TDEE 2529 - BMR 1660

115 g
PROTEIN
1.6 g/kg - 18%

356 g
CARBOHYDRATE
56% energy

72 g
FAT
26% energy

35 g
FIBRE
14 g / 1,000 kcal

3.1 L
FLUID
incl. training

2710 / 2280
TRAIN / REST KCAL
432 kcal per session

38.7 kcal/kg
ENERGY AVAILABILITY
FFM 59 kg - >30 safe

MEALS - DAY 1 -
Saturday

REST DAY
target 2280 kcal - P 115 - C 293 - F 72

Total 2277 kcal - P 171g - C 255g - F 64g - Grade A

PART 3 - THE PLAN

STEP 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.

TIP

Energy availability at or above 30 kcal per kilo of lean mass is the safety floor the engine protects.

56% energy
26% energy

35 g
FIBRE
14 g / 1,000 kcal

3.1 L
FLUID
incl. training

2710 / 2280
TRAIN / REST KCAL
432 kcal per session

38.7 kcal/kg
ENERGY AVAILABILITY
FFM 59 kg - >30 safe

MEALS - DAY 1 -
Saturday

REST DAY
target 2280 kcal - P 115 - C 293 - F 72

Total 2277 kcal P 171g C 255g F 64g Grade A

✓ energy ✓ protein ✓ fat ✗ carbs ✓ allergens ✓ diet

✓ portions ✓ distribution ✓ variety ✓ coverage ✓ fibre

BREAKFAST - 08:00 - 570 KCAL SLOT
Shrimp & Avocado Bowl
140 g prawns + 85 g avocado + 210 g brown rice + 15 g lemon juice
(×1.4 of reference)

547

38 g

62 g

16 g

PART 3 - THE PLAN

STEP 10

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.

TIP

A red check tells you exactly what to fix; a swap or a portion change usually clears it.



PART 3 · THE PLAN

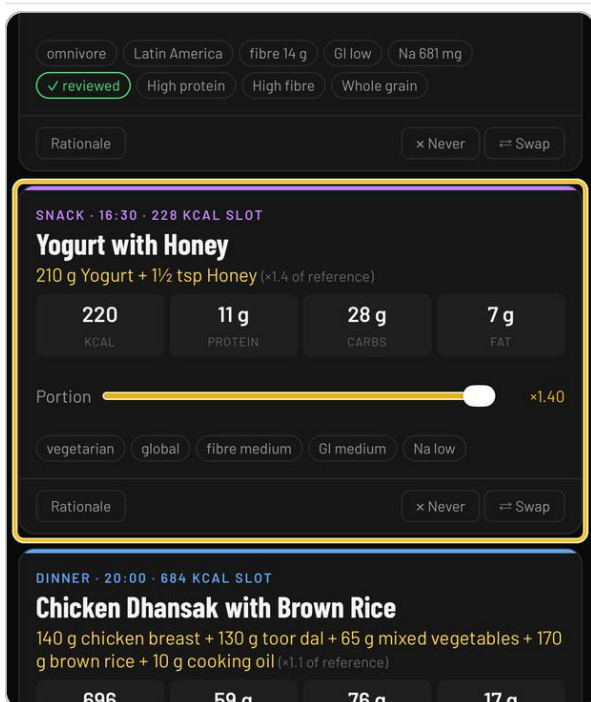
STEP **11**

Adjust each meal

Every meal lists the dish, its ingredients in grams and its macros. Slide the portion, tap Rationale to see why it was chosen, Swap for another dish, or Never to keep it out of future plans.

TIP

The day re-grades as you slide, so you can see the effect of every change.



PART 4 · SHARE AND KEEP

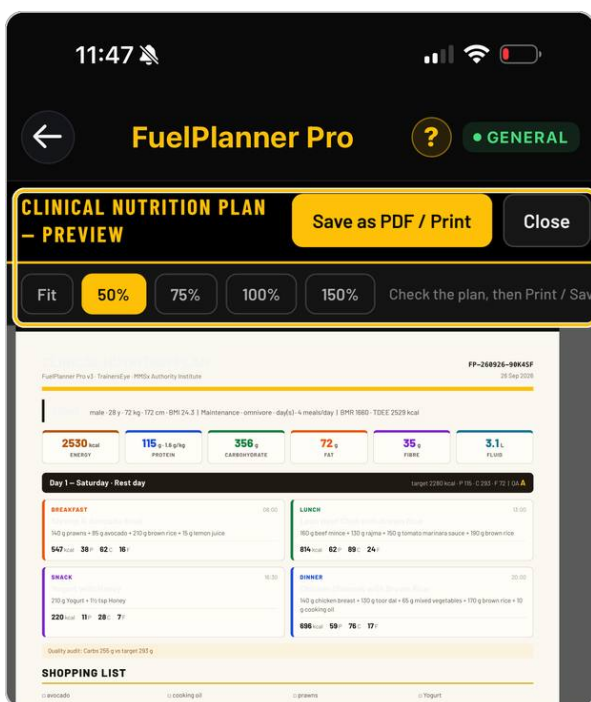
STEP **12**

The clinical document

Tap the PDF button to open the Clinical Nutrition Plan preview. Check it at any zoom, then Save as PDF / Print. Page one holds the targets, meals and shopping list; page two the method, evidence and conditions of use.

TIP

The document carries a serial number and barcode, so a client can confirm it came from TrainersEye.





PART 4 · SHARE AND KEEP

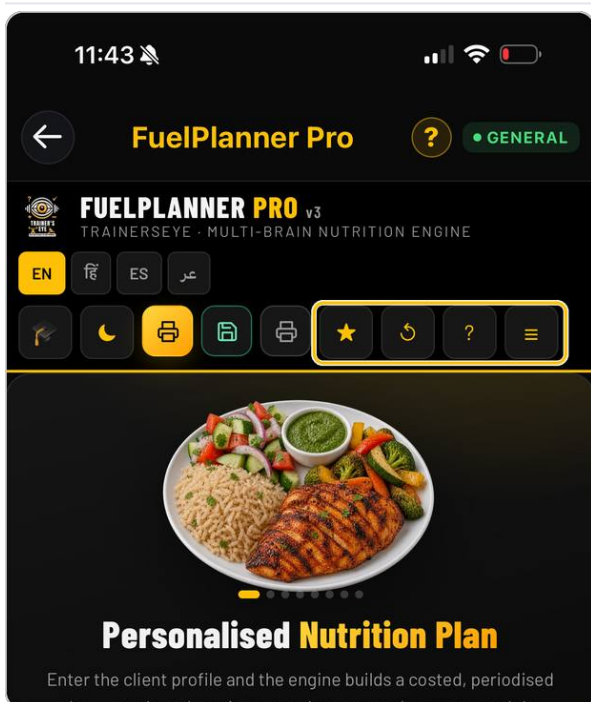
STEP **13**

Save, history and help

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

TIP

Keep the client's plans in history and compare weeks as their numbers move.



You're ready

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



Reading the clinical nutrition plan

Every plan prints as one clinical document. Here is what each part means.

1 Title, serial and date
FuelPlanner Pro v3 - TrainersEye - RMSx Authority Institute
FP-260926-90K4SF
26 Sep 2026

2 Client line
male · 28 y · 72 kg · 172 cm · BMI 24.3 | Maintenance · omnivore · days | 4 meals/day | BMR 1660 · TDEE 2529 kcal

3 Daily targets
2530 kcal ENERGY
115 g · 1.6 g/kg PROTEIN
356 g CARBOHYDRATE
72 g FAT
35 g FIBRE
3.1 L FLUID

4 Day bar
Day 1 – Saturday · Rest day
target 2280 kcal · P 116 · C 283 · F 72 | QA A

5 Meal cards
BREAKFAST 08:00
140 g prawns + 85 g avocado + 210 g brown rice + 15 g lemon juice
547 kcal 38 P 62 C 16 F
LUNCH 13:00
160 g beef mince + 130 g rajma + 150 g tomato marinara sauce + 180 g brown rice
814 kcal 62 P 89 C 24 F
SNACK 16:30
210 g Yogurt + 70 tsp Honey
220 kcal 11 P 28 C 7 F
DINNER 20:00
140 g chicken breast + 130 g toor dal + 65 g mixed vegetables + 170 g brown rice + 10 g cooking oil
696 kcal 59 P 76 C 17 F

6 Quality audit
Quality audit: Carbs 255 g vs target 283 g

7 Shopping list
avocado, beef mince, brown rice, chicken breast, cooking oil, Honey, lemon juice, mixed vegetables, prawns, rajma, tomato marinara sauce, toor dal, Yogurt

8 Method, evidence and conditions of use
Clinical Nutrition Plan · FP-260926-90K4SF
Page 2
HOW THE TARGETS WERE SET
Resting energy expenditure was estimated with Mifflin-St Jeor at 1660 kcal/day, scaled by an activity factor of 1.375 to a total daily energy expenditure of 2529 kcal/day.
Fat is held at 72 g (26% of energy; never below 20%) for hormonal and fat-soluble-vitamin needs; carbohydrate (356 g, 56%) supplies training fuel (Burke et al., 2011; Thomas et al., 2016).

- 1 Title, serial and date**
Clinical Nutrition Plan, the FP serial number and the date it was issued.
- 2 Client line**
Sex, age, weight, height and BMI; goal, diet pattern and meals per day; BMR and TDEE.
- 3 Daily targets**
Energy, protein, carbohydrate, fat, fibre and fluid for the day.
- 4 Day bar**
The day, whether it is a training or rest day, its target and its quality grade.
- 5 Meal cards**
Slot and time, dish, ingredients in grams, calories and macros.
- 6 Quality audit**
Anything the day missed against its target, stated plainly.
- 7 Shopping list**
Every ingredient in the plan, ready to tick off.
- 8 Method, evidence and conditions of use**
Page two: how the targets were set, the evidence behind them and the conditions under which the plan may be used.



Move with **Precision.** Live with **Confidence.**

FUELPLANNER PRO IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Multi-brain nutrition engine · Backed by MMSx Authority Institute

Educational planning aid for qualified trainers — not medical nutrition therapy. Clients with flagged conditions, under 18, or pregnant or lactating must be referred to a registered dietitian or physician.