



## RENAISSANCE PERIODIZATION

	<b>RP Diet App</b>	<b>Original Diet Templates</b>
<b>Required Inputs</b>	Customizes your fat loss (or muscle gain) diet based on your gender, weight, height, age, rough percentage of body fat, desired weight loss or muscle gain amount, and timespan in which you're shooting to hit that weight	Customize your fat loss (or muscle gain) diet based on your gender and approximate weight
<b>Food Options</b>	Features a huge and ever-growing food list that supports omnivore, vegetarian, pescatarian, ovo-lacto-vegetarian and vegan diets	Feature a shorter, static food list, and necessitate purchase of separate <a href="#">Vegan Diet Templates</a> for vegans
<b>Shopping list</b>	Generates a complete list of groceries (in exact quantities) needed to cook your selected meals	Necessitate manual compilation of grocery items and respective quantities
<b>Macro Math Calculations</b>	Calculates food weights for any food combinations, displaying raw and cooked weights for every food within every meal.	Require manual calculation of food weights for each meal (for example, how much sweet potato makes up 30g of carbs)
<b>Progress Tracking</b>	Generates a graph to help visualize your progress, lets you know if whether or not you're on track to your desired weight within your selected timeframe, recommends food choice and quantity adjustments to ensure you are, and lets you finetune the pace of your weight change	Necessitate weekly manual calculation to make sure you're on track against your weight change goal
<b>Helpful Tools</b>	Reminds you when each meal and workout is coming up, when to weigh in, to check in every meal you eat, and solicits daily activity duration and intensity. All of this info is then used to adjust your diet recommendations for the next week to keep you progressing.	Static PDF files lack support for interactive inputs or updates
<b>Machine Learning</b>	Learns your body's responses over time, optimizing its recommendations towards food amounts and diet pace that work best for your body	Can be tailored to your needs, but requires DIY and guesstimating
<b>Maintenance Diet</b>	Provides an automated, personalized post-diet maintenance plan for you	Provide a more generic post-diet maintenance plan for your diet