

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Calorie Deficit Planner MCP.

Build weight loss plans backed by metabolic science.

Calorie Deficit Planner gives your AI client the physiological data needed to build safe, effective weight loss strategies. Instead of guessing, you use precise metabolic calculations to manage caloric intake, predict metabolic slowdown, and protect lean muscle mass through data-driven planning.

A+ Quality Score 100/100

weight-loss

calories

metabolism

fitness

nutrition



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Calorie Deficit Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can stop relying on generic calorie counters that ignore how your body actually works. This MCP gives your AI agent a scientific framework to manage weight loss without the guesswork. You start by establishing a physiological baseline through metabolic calculations, then move into designing a deficit that actually works for your specific biology.

The tool helps you avoid the common trap of aggressive dieting that leads to metabolic slowdown. It accounts for adaptive thermogenesis, so your agent can predict how your progress might stall over time. Most importantly, it includes safety checks to ensure you aren't cutting calories so low that you lose muscle instead of fat. Whether you are looking to hit a specific weight goal by a certain date or just want to manage your daily intake more intelligently, this MCP provides the math to make it happen safely.

Core Capabilities

01 — Metabolic Baselineing

Your agent calculates BMR and TDEE to set a starting point.

02 — Muscle Protection

The AI checks if your calorie cuts are too steep to prevent muscle wasting.

03 — Progress Prediction

Your agent estimates how metabolic adaptation will affect your long-term results.

04 — Strategy Auditing

The AI reviews your entire weight loss plan for safety and feasibility.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/calorie-deficit-planner — connect your AI agent in three steps.

- 01 Connect your AI client to the Vinkius-hosted MCP.
- 02 Provide your physical stats like weight, height, and age.
- 03 Ask your agent to calculate your metabolic baseline.
- 04 Request a deficit plan or an audit of an existing plan.
- 05 Review the safety and muscle preservation data provided by the agent.

Connect the MCP to your client and start asking questions about your metabolism and diet plans.

Built For

This MCP is for anyone who wants to move away from generic fitness apps and toward data-driven nutrition.

Fitness Enthusiasts

People who want to track their deficits using scientific math rather than intuition.

Nutrition Coaches

Professionals who use AI to quickly audit client plans for metabolic safety.

Data-Driven Athletes

Users who need to balance weight loss with muscle preservation.

What Changes When You Connect

- 01 Calculates precise BMR and TDEE based on your specific stats.
- 02 Identifies if a calorie deficit is too aggressive for your body.
- 03 Predicts metabolic slowdown to help you plan for plateaus.

04 Focuses on preserving muscle mass during weight loss phases.

Real-World Applications

Setting Weight Goals

Input your current weight and target weight to get a daily calorie target for a specific timeframe.

Metabolic Forecasting

Estimate how much your metabolism might adapt during a long-term diet.

Safety Auditing

Check if a planned calorie deficit is safe relative to your BMR.

Muscle Maintenance

Verify that your weight loss plan won't cause you to lose significant muscle mass.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_deficit_plan	This tool provides a full breakdown of your proposed weight loss strategy to see if it holds up.
02	calculate_metabolic_stats	Use this to establish your physiological baseline, including BMR and TDEE.
03	check_muscle_preservation_safety	This tool evaluates if your current calorie deficit is too aggressive and risks significant muscle loss.
04	estimate_adaptive_thermogenesis_impact	This tool predicts how much metabolic adaptation might slow your progress as you diet.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I weigh 90kg and want to reach 80kg in 12 weeks. I am moderately active. Can you plan my deficit?



To reach 80kg from 90kg in 12 weeks, your daily calorie target should be approximately 2,150 calories. This plan is feasible and maintains a safe weight loss rate.

U Calculate my metabolic stats. I am a 30 year old male, 180cm tall, weighing 85kg.



Your Basal Metabolic Rate (BMR) is 1,850 calories and your Total Daily Energy Expenditure (TDEE) is approximately 2,545 calories based on a sedentary activity level.

U Is a 500 calorie deficit safe for someone weighing 70kg with a BMR of 1500?



Yes, a 500 calorie deficit is safe as your target intake remains above your BMR, minimizing the risk of significant muscle loss.

Frequently Asked Questions

01 How does this MCP help with weight loss?

It provides the mathematical tools to calculate your metabolic needs and design calorie deficits that are safe and realistic.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf through Vinkius.

03 Does it account for muscle loss?

Yes, it includes a specific tool to check if your deficit is aggressive enough to risk losing muscle mass.

04 How does it handle metabolic slowdown?

The MCP uses a tool to estimate the impact of adaptive thermogenesis, which predicts how your metabolism might slow down over time.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"calorie-deficit-planner": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

 Ask ChatGPT

 Ask Claude

 Ask Perplexity

 Ask Gemini

 Ask Grok

READY TO CONNECT

Calorie Deficit Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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