

TDEEMacroCalculator.com

A production-grade TDEE, calorie & macro calculator app wrapped in an original content library.

Bonus property with MeKeto.com (premium pillar) · Also available standalone · \$12,000–\$15,000 OBO (bundle)

~20 calculators

~120 routes

65 SEO pages

Embed widget

Lighthouse 99–100

No database

POSITIONING

A free, no-signup suite of TDEE, calorie, and macro tools built for high-intent diet/fitness organic search, wrapped in a substantial library of original educational content. Every calculation runs in the visitor's browser; the entire site is statically generated and CDN-served - no account, no database, no live backend, near-zero hosting cost and effectively maintenance-free.

WHAT'S INSIDE

Calculators & SEO surface

- Core engine: 3 BMR formulas, 6 activity levels, 7 goals, 9 diet templates
- ~20 dedicated calculator pages (macro, deficit, cut, bulk, recomp, reverse-diet, BMI, BMR, body-fat, ideal-weight, calorie-burn)
- 65 programmatic-SEO pages (/calories-for, /tdee-for)
- Embeddable /embed widget + /embed-code - backlink & distribution channel
- Shareable URL state; imperial/metric; instant auto-calc

Content, tech & quality

- 10 original long-form E-E-A-T articles + methodology/editorial pages
- Next.js 16 · React 19 (React Compiler) · TypeScript · Tailwind v4
- ~120 static routes; Vercel CI/CD; dynamic OG images
- PageSpeed 99 mobile / 100 desktop; CLS 0; enforced in CI
- Strict CSP; cookieless analytics; Consent Mode v2

MONETIZATION READINESS & TURNKEY HANDOVER

- Google AdSense fully plumbed (ad slots, CSP, consent) but disabled - buyer supplies their own publisher ID and flips one flag, no code changes
- High-intent fitness/nutrition traffic also suits display networks, affiliate, or lead-gen
- Clean transfer: source repo + handoff guide; swap GA4, Search Console/Bing, Resend, and AdSense to buyer's accounts

HONEST STATUS

Launched ~6 weeks ago alongside MeKeto and not yet promoted. Pre-revenue by design - monetization is installed but inactive so the buyer captures full RPM upside. Static CDN hosting, no database, no servers to maintain; updates ship by editing content and deploying. Detailed analytics available to qualified buyers on request.

Full overview, downloads & analytics: <https://squarepegideas.com/meketo-tdee/> Barron Hansen · b@squarepegideas.com