

# Power TEAM

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## Analisis de alimentación creado para Jesus

### Datos actuales:

- Edad: 25
- Sexo: hombre
- Peso: 80
- Altura: 180
- Dias de entreno : 3

Objetivo buscado: Perdida de peso

Actividad actual: Ejercicio cotidiano de forma natural

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### Resultados para sus datos:

2461 Calorias diarias

### Macronutrientes

Hidratos de carbono: 1231 cal.

Grasas: 861 cal.

Proteinas: 369 cal.

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### Recomendaciones:

- Reducimos las calorias base y creamos un deficit entre un 10-30 %
- Su consumo energetico se debe ver reflejado en la alimentacion cuidando siempre la procedencia pero estableciendo el valor calorico necesario en la dieta

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<b>Desayuno</b>	\$alimentos	\$alimentos	\$alimentos	\$alimentos	\$alimentos	\$alimentos	
<b>Almuerzo</b>	Jacob	Thornton	@fat				
<b>Comida</b>	Larry	the Bird	@twitter				
<b>Merienda</b>	Larry	the Bird	@twitter				
<b>Cena</b>	Larry	the Bird	@twitter				