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 : 2

Objetivo buscado: Definición

Actividad actual: Actividad ocasional

Resultados para sus datos:

2461 Calorias diarias

Macronutrientes

Hidratos de carbono: 1231 cal.
Grasas: 861 cal.
Proteinas: 369 cal.

Recomendaciones:

- **Reducir el consumo de grasas y carbohidratos aumentando la ingesta de proteinas para cuidar el musculo mientras reducimos las calorias en un pequeño porcentaje**
- **Su indice de consumo energetico es mayor por lo que debera adaptar su ingesta los dias que la actividad extra lo requiera**

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Almuerzo	Jacob	Thornton	@fat				
Comida	Larry	the Bird	@twitter				
Merienda	Larry	the Bird	@twitter				
Cena	Larry	the Bird	@twitter				