

# Nutrition Recommendations Report

Name: Alice    Calories: 2188 kcal  
Protein: 164g, Carbs: 219g, Fat: 73g

Name: Bob    Calories: 3017 kcal  
Protein: 226g, Carbs: 302g, Fat: 101g

Name: Charlie    Calories: 1926 kcal  
Protein: 144g, Carbs: 193g, Fat: 64g

Name: Diana                                  Calories: 2221 kcal  
Protein: 167g, Carbs: 222g, Fat: 74g

Name: Ethan    Calories: 2682 kcal  
Protein: 201g, Carbs: 268g, Fat: 89g

Name: Fiona    Calories: 1692 kcal  
Protein: 127g, Carbs: 169g, Fat: 56g

Name: George    Calories: 3294 kcal  
Protein: 247g, Carbs: 329g, Fat: 110g

Name: Hannah    Calories: 1857 kcal  
Protein: 139g, Carbs: 186g, Fat: 62g

Name: Ian    Calories: 2241 kcal  
Protein: 168g, Carbs: 224g, Fat: 75g

Name: Julia    Calories: 2286 kcal  
Protein: 171g, Carbs: 229g, Fat: 76g

Name: Kevin                      Calories: 2811 kcal  
Protein: 211g, Carbs: 281g, Fat: 94g

Name: Lena    Calories: 1647 kcal  
Protein: 124g, Carbs: 165g, Fat: 55g

Name: Mike                                  Calories: 2857 kcal  
Protein: 214g, Carbs: 286g, Fat: 95g

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Protein: 147g, Carbs: 196g, Fat: 65g

Protein: 170g, Carbs: 226g, Fat: 75g

Protein: 160g, Carbs: 214g, Fat: 71g

Protein: 203g, Carbs: 270g, Fat: 90g

Protein: 123g, Carbs: 164g, Fat: 55g

Protein: 235g, Carbs: 313g, Fat: 104g

Protein: 159g, Carbs: 212g, Fat: 71g