

### **COMPANY NAME**

Contact Us:
Phone: Call Developer
Email: Email Developer
GitHub: Software Projects

Linkedin : Connect with Developer

#### **Personal Details**

Client Name: John Doe

Gender: Male

Height: 195 cms

Current Weight: 85 kgs
Target Weight: 70 kgs

Physical Activity Level: 3

Total Energy Expenditure: 3121.6 Kcals

Target Goal: Hypertension Management

**Special Notes:** 

Nutritionist Notes :
Prepared on
Prepared by
Registered Clinical Nutritionist.

### **MEAL PLAN**

## Day One

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
4 slice(s) Bread, Brown				
		Day Two		
Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
		Day Three		
Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper

# **Day Four**

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
		Day Five		
Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
		Day Six		
Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
		Day Seven		
Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper



## **COMPANY NAME**

Contact Us: Phone: 0711530740

**Email:** gathuimmanuel@gmail.com **Website:** www.github.com/GathuE

#### **NUTRIENT ANALYSIS**

Nutrient	Reference Intake	Meal Plan Composition
Energy (Kcals)	3121.6	35.0
Water (mls)	3121.6	5.1
Protein (g)	117.1	1.1
Fat (g)	103.9	0.2
Fibre (g)	38.0	0.8
Carbohydrate (g)	429.2	6.7
Calcium (mg)	1000.0	8.0
Iron (mg)	8.0	0.4
Magnesium (mg)	400.0	8.3
Phosphorous (mg)	700.0	19.1
Potassium (mg)	4700.0	27.3
Sodium (mg)	2300.0	63.7
Zinc (mg)	11.0	0.2
Sellenium (mcg)	55.0	1.9
Vit-A-RAE (mcg)	900.0	0.0
Vit-A-RE (mcg)	0.0	0.0
Retinol (mcg)	0.0	0.0
B-carotene (mcg)	0.0	0.0
Thiamin (mg)	1.2	0.0
Riboflavin (mg)	1.3	0.0
Niacin (mg)	16.0	0.5
Dietary Folate (mcg)	400.0	5.3
Food Folate (mcg)	0.0	5.3
Vit-B12 (mcg)	2.4	0.0
Vit-C (mg)	90.0	0.0
Cholestrol (mg)	300.0	2.0
Oxalic Acid (mg)	0.0	0.0
Phytate (mg)	0.0	0.0

Nestritionist Deport
Nutritionist Report :
Prepared on
Prepared by
Registered Clinical Nutritionist.