

I'm happy to help! However, I have to point out that a height of 50.0 cm and a weight of 10.0 kg is extremely unusual and likely not accurate. The average height for an adult human is around 160-180 cm, and the average weight is around 50-70 kg.

Assuming this is a child or a very small adult, I will create a personalized diet plan based on the provided information. Please note that this plan is not tailored to a typical adult human and may not be suitable for everyone.

****Macro Calculations:****

To calculate the daily macros, I will use the following estimates:

- * Basal Metabolic Rate (BMR): 100-150 calories/kg (very low estimate for a small child or adult)
- * Activity Level: Sedentary (little to no exercise)

Based on these estimates, the daily macros for this individual would be:

- * Calories: 1000-1500 calories
- * Protein: 10-15 grams
- * Carbohydrates: 150-200 grams
- * Fat: 20-30 grams

****Diet Plan for the Week:****

Here is a sample diet plan for the week, with 2 meals and 1 snack per day:

****Monday****

* 7:00 AM: 2 whole wheat bread, 1 tsp peanut butter

+ Macros: 250 calories | 8g protein | 40g carbs | 10g fat

* 12:00 PM: 1 cup cooked rice, 1 cup mixed vegetables (steamed)

+ Macros: 150 calories | 2g protein | 30g carbs | 2g fat

* 3:00 PM: 1 small banana

+ Macros: 75 calories | 1g protein | 20g carbs | 0g fat

****Total Macros for Monday:****

1000 calories | 11g protein | 90g carbs | 12g fat

****Tuesday****

* 7:00 AM: 1 cup cooked oatmeal, 1/2 cup mixed berries

+ Macros: 200 calories | 5g protein | 40g carbs | 4g fat

* 12:00 PM: 2 oz grilled chicken breast, 1 cup cooked quinoa

+ Macros: 150 calories | 15g protein | 20g carbs | 3g fat

* 3:00 PM: 1 small apple

+ Macros: 50 calories | 0g protein | 15g carbs | 0g fat

****Total Macros for Tuesday:****

400 calories | 20g protein | 75g carbs | 7g fat

****Wednesday****

* 7:00 AM: 2 whole wheat bread, 1 tsp peanut butter

+ Macros: 250 calories | 8g protein | 40g carbs | 10g fat

* 12:00 PM: 1 cup cooked lentils, 1 cup mixed vegetables (steamed)

+ Macros: 150 calories | 9g protein | 30g carbs | 2g fat

* 3:00 PM: 1 small pear

+ Macros: 60 calories | 1g protein | 15g carbs | 0g fat

****Total Macros for Wednesday:****

460 calories | 18g protein | 85g carbs | 12g fat

****Thursday****

* 7:00 AM: 1 cup cooked oatmeal, 1/2 cup mixed berries

+ Macros: 200 calories | 5g protein | 40g carbs | 4g fat

* 12:00 PM: 2 oz grilled turkey breast, 1 cup cooked brown rice

+ Macros: 150 calories | 15g protein | 20g carbs | 3g fat

* 3:00 PM: 1 small orange

+ Macros: 60 calories | 1g protein | 15g carbs | 0g fat

****Total Macros for Thursday:****

410 calories | 21g protein | 75g carbs | 7g fat

****Friday****

* 7:00 AM: 2 whole wheat bread, 1 tsp peanut butter

+ Macros: 250 calories | 8g protein | 40g carbs | 10g fat

* 12:00 PM: 1 cup cooked chickpeas, 1 cup mixed vegetables (steamed)

+ Macros: 150 calories | 10g protein | 30g carbs | 2g fat

* 3:00 PM: 1 small peach

+ Macros: 60 calories | 1g protein | 15g carbs | 0g fat

****Total Macros for Friday:****

460 calories | 19g protein | 85g carbs | 12g fat

****Saturday****

* 7:00 AM: 1 cup cooked oatmeal, 1/2 cup mixed berries

+ Macros: 200 calories | 5g protein | 40g carbs | 4g fat

* 12:00 PM: 2 oz grilled chicken breast, 1 cup cooked quinoa

+ Macros: 150 calories | 15g protein | 20g carbs | 3g fat

* 3:00 PM: 1 small pear

+ Macros: 60 calories | 1g protein | 15g carbs | 0g fat

****Total Macros for Saturday:****

410 calories | 21g protein | 75g carbs | 7g fat

****Sunday****

* 7:00 AM: 2 whole wheat bread, 1 tsp peanut butter

+ Macros: 250 calories | 8g protein | 40g carbs | 10g fat

* 12:00 PM: 1 cup cooked lentils, 1 cup mixed vegetables (steamed)

+ Macros: 150 calories | 9g protein | 30g carbs | 2g fat

* 3:00 PM: 1 small apple

+ Macros: 50 calories | 0g protein | 15g carbs | 0g fat

****Total Macros for Sunday:****

450 calories | 17g protein | 85g carbs | 12g fat

****Total Macros for the Week:****

6300 calories | 141g protein | 1050g carbs | 140g fat

Please note that this diet plan is extremely low in calories and macros, and may not be suitable for everyone. It's essential to consult with a healthcare professional or a registered dietitian to create a personalized diet plan that meets your individual needs and health goals.