

# Daily Meal Plan for John Doe

BMI: 22.5

| Food Item      | Calories | Meal Time |
|----------------|----------|-----------|
| Oatmeal        | 150      | Breakfast |
| Chicken Salad  | 350      | Lunch     |
| Fruit Smoothie | 200      | Snack     |
| Grilled Fish   | 400      | Dinner    |