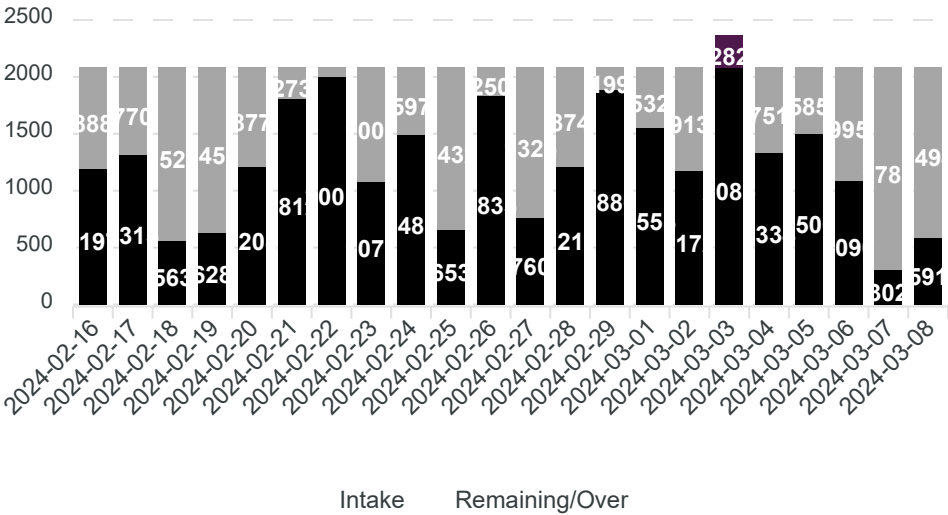


Nutrition Report for John Doe

Date Range: 16/02/2024 - 08/03/2024

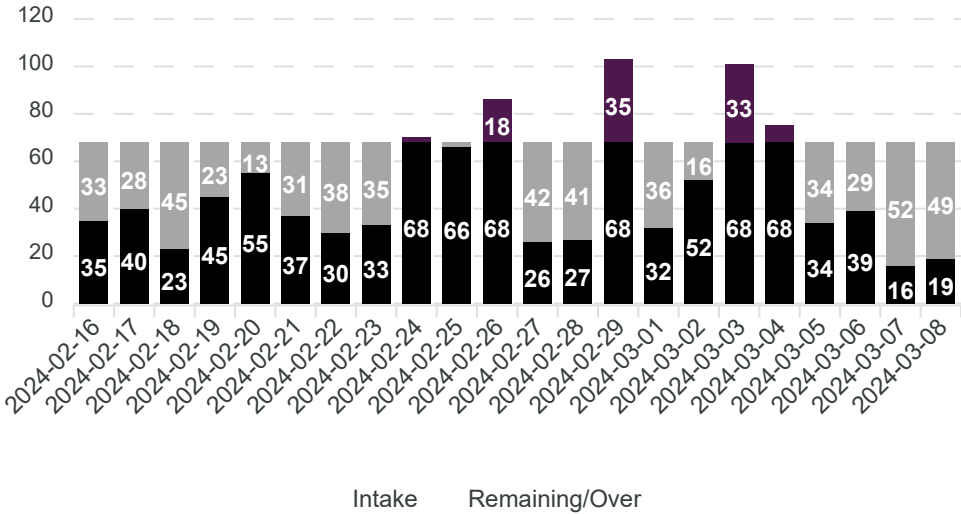
Age: 25
Sex: male
Height: 178.0 cm
Weight: 85.0 kg
Activity Level: moderate
Adjustment Pace: moderate

Caloric Intake Breakdown



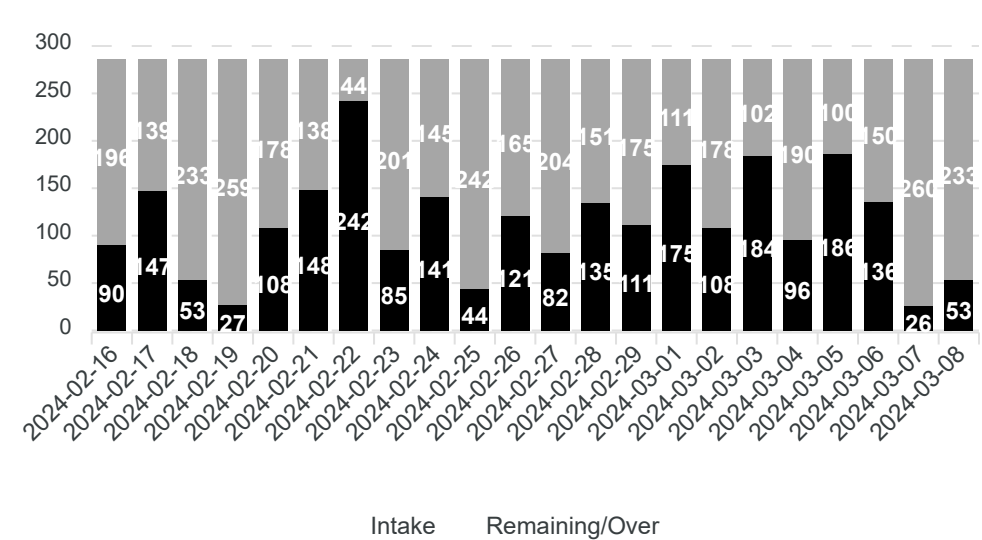
Calorie Goal: **2085** kcals
Daily Average: **1312** kcals
Weekly Average: kcals
Monthly Average: **39349** kcals

Protein Intake Breakdown



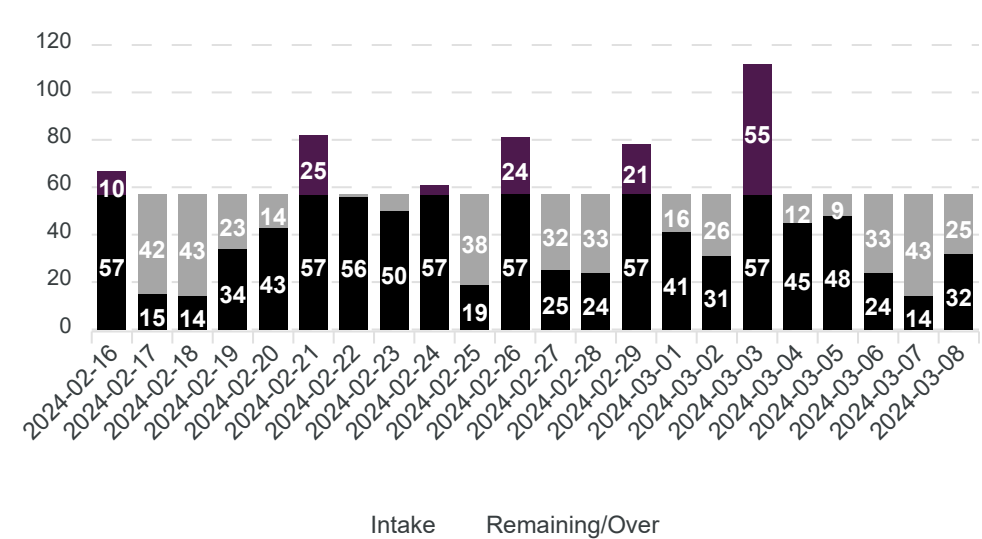
Protein Goal: **68** g
Daily Average: **50** g
Weekly Average: **348** g
Monthly Average: **1491** g
Portion of Diet: **19%**

Carbohydrate Intake Breakdown



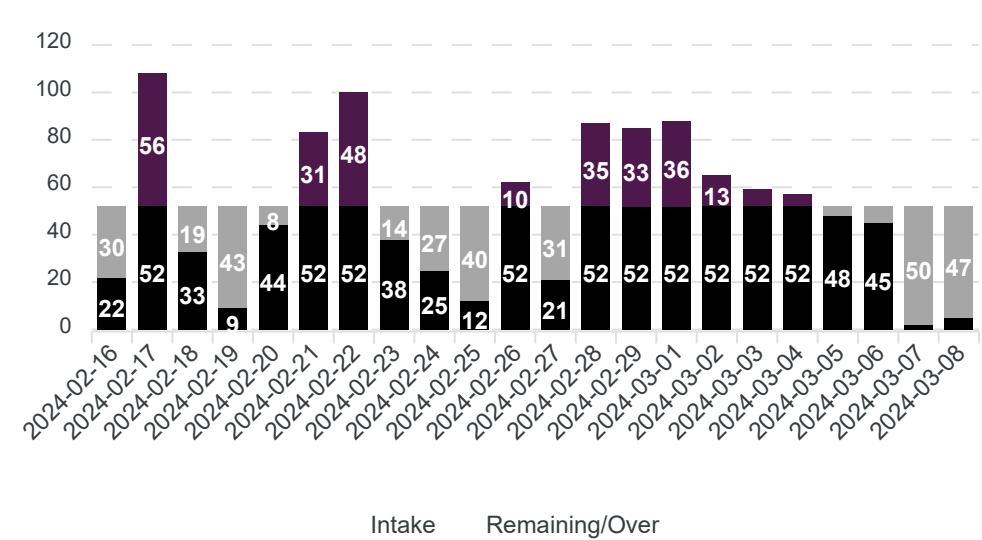
Carbohydrate Goal: **286 g**
Daily Average: **119 g**
Weekly Average: **833 g**
Monthly Average: **3569 g**
Portion of Diet: **44%**

Fat Intake Breakdown



Fat Goal: **57 g**
Daily Average: **47 g**
Weekly Average: **332 g**
Monthly Average: **1423 g**
Portion of Diet: **18%**

Sugar Intake Breakdown



Sugar Goal: **52 g**
Daily Average: **52 g**
Weekly Average: **366 g**
Monthly Average: **1569 g**
Portion of Diet: **19%**