Diet plan

1	Name	User7
2	Surname	User7LN
3	Age	35
4	Gender	male
5	Height, sm	180
6	Weight, sm	100
7	Activity level	extremely inactive
8	Current intake, kcal	3000
9	Diet goal	lose weight
10	Date	23-07-10
11	Required intake, kcal	2550
12	Proteins, gr	136
13	Fats, gr	47
14	Carbohydrates, gr	394
15	Budget, $	500
16	Diet created date	23-07-10