



Diet plan

1	Name	Jean
2	Surname	Vilain
3	Age	30
4	Gender	male
5	Height, sm	185
6	Weight, sm	70
7	Activity level	moderately active
8	Current intake, kcal	2200
9	Diet goal	put muscles on
10	Date	23-07-03
11	Required intake, kcal	2750
12	Proteins, gr	163
13	Fats, gr	56
14	Carbohydrates, gr	396
15	Budget, \$	600
16	Diet created date	23-07-03