



Diet plan

1	Name	Sonya
2	Surname	Night
3	Age	30
4	Gender	female
5	Height, sm	165
6	Weight, sm	55
7	Activity level	moderately active
8	Current intake, kcal	2300
9	Diet goal	keep weight
10	Date	23-08-14
11	Required intake, kcal	2300
12	Proteins, gr	105
13	Fats, gr	62
14	Carbohydrates, gr	330
15	Budget, \$	400
16	Diet created date	23-08-14