Diet plan

1	Name	Jean
2	Surname	Vilain
3	Age	35
4	Gender	male
5	Height	185
6	Weight	70
7	Activity level	moderatelyActive
8	Current intake, kcal	2200
9	Diet goal	putMusclesOn
10	Date	01-01-01
11	Required intake, kcal	2750
12	Proteins, gr	163
13	Fats, gr	56
14	Carbohydrates, gr	396
15	Budget, $	396
16	Diet created date	23-07-02