Diet plan

1	Name	User1
2	Surname	Admin1
3	Age	38
4	Gender	male
5	Height, sm	183
6	Weight, sm	100
7	Activity level	sedentary
8	Current intake, kcal	3000
9	Diet goal	lose weight
10	Date	23-08-14
11	Required intake, kcal	2550
12	Proteins, gr	140
13	Fats, gr	49
14	Carbohydrates, gr	387
15	Budget, $	600
16	Diet created date	23-08-14