



## Diet plan

|    |                       |            |
|----|-----------------------|------------|
| 1  | Name                  | Jean       |
| 2  | Surname               | Vilain     |
| 3  | Age                   | 30         |
| 4  | Gender                | female     |
| 5  | Height                | 165        |
| 6  | Weight                | 60         |
| 7  | Activity level        | sedentary  |
| 8  | Current intake, kcal  | 2300       |
| 9  | Diet goal             | loseWeight |
| 10 | Date                  | 01-01-01   |
| 11 | Required intake, kcal | 1955       |
| 12 | Proteins, gr          | 111        |
| 13 | Fats, gr              | 49         |
| 14 | Carbohydrates, gr     | 265        |
| 15 | Budget, \$            | 265        |
| 16 | Diet created date     | 23-07-02   |