

It's impossible to create a safe and effective meal plan with the provided patient details.

A weight of 1 kg and a height of 50 cm are not biologically realistic for a 22-year-old individual. These measurements indicate a serious health concern and require immediate attention from a medical professional.

Please consult a doctor or registered dietitian to discuss your weight and health concerns. They can provide accurate assessments, personalized advice, and safe dietary recommendations.

Remember, your health is paramount. Please prioritize seeking professional medical guidance.