

# Dietary Program

- **Id** 39
- **Name** Push Pull Legs
- **Description** hard program
- **StartDate** 2020-09-01
- **EndDate** 2025-02-19
- **CalorieGoal** 2400
- **MacroRatioCarbs** 190
- **MacroRatioProtein** 145
- **MacroRatioFat** 45
- **MealTypes** protein
- **Notes** Don't forget to rest
- **CreatedAt**
- **UpdatedAt**