

# Dietary Program

- **Id** 36
- **Name** DietaryPrograms
- **Description** DietaryPrograms
- **StartDate** 2019-01-01
- **EndDate** 2025-01-03
- **CalorieGoal** 2000
- **MacroRatioCarbs** 230
- **MacroRatioProtein** 234
- **MacroRatioFat** 64
- **MealTypes** Breakfast: The first meal of the day, typically eaten in the morning. It often includes foods such as eggs, cereal, toast, fruit, yogurt, and breakfast meats like bacon or sausage. Lunch: A midday meal usually consumed around noon or early afternoon. Lunc
- **Notes** DietaryPrograms
- **CreatedAt**
- **UpdatedAt**