

# Dietary Program

- **Id** 1
- **Name** Push Pull Legs
- **Description** Push Pull Legs
- **StartDate** 2019-01-01
- **EndDate** 2026-01-01
- **CalorieGoal** 2456
- **MacroRatioCarbs** 153
- **MacroRatioProtein** 153
- **MacroRatioFat** 57
- **MealTypes** Push Pull Legs
- **Notes** Push Pull Legs
- **CreatedAt**
- **UpdatedAt**