

Nutrition Plan

Client Data

Name: John Doe

Email: client1@example.com

Date of birth: 1990-01-01

Age: 33

Health status: MAN

Activity status: SEDENTARY

BMI: 23.3

Maintenance Calories: 2066.0

| Day 1 | | |
|--------|--------------------|--------|
| Meal 1 | Lamb, raw, ground | 100.0g |
| | Teff, uncooked | 100.0g |
| Day 2 | | |
| Meal 1 | Vegetarian fillets | 100.0g |
| | Cauliflower, raw | 100.0g |