

Nutrition Plan

Client Data

Name: John Doe

Email: client1@example.com

Date of birth: 1990-01-01

Age: 33

Biological status: MAN

Activity status: SEDENTARY

BMI: 23.3

Maintenance Calories: 2066.0

Daily calorie goal: 2000.0

Macronutrient ratio: C(60%) P(20%) F(20%)

Day 1		
Meal 1	Cheese, camembert	100.0g
	Sherbet, orange	100.0g
	Vegetarian fillets	100.0g
jug	Cheese, camembert	100.0g
Training		
Notes		
Day 2		
lunch	Eggplant, raw	100.0g
	Cornstarch	100.0g
	Cheese, camembert	100.0g
dinner	Training	
Notes		