

Nutrition Plan

Client Data

Name: Jane Smith

Email: client2@example.com

Date of birth: 1995-05-10

Age: 28

Biological status: WOMAN

Activity status: MODERATELY_ACTIVE

BMI: 22.8

Maintenance Calories: 2095.0

Daily calorie goal: 2000.0

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

Additional information: