

Nutrition Plan

Client DataName: John Doe

Email: client1@example.com

Date of birth: 1990-01-01

Age: 33

Health status: MAN

Activity status: SEDENTARY

BMI: 23.30246913580247

Maintenance Calories: 2066.2619999999997

Day 1		
Meal 1	Lamb, raw, ground	100.0g
	Sherbet, orange	100.0g
Day 2		
Meal 1	Taro leaves, raw	100.0g