

## 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%)

Additional information:

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Day 1		
Meal 1	Training	
Notes		
Day 2		
Meal 1	Sherbet, orange	100.0g
ruak	Taro leaves, raw	100.0g
	Cheese, camembert	10.0g
Training		
Day 3		
Meal 1	Training	
Notes		
Day 4		
Meal 1	Training	
Notes		