

Nutrition Plan

Name:
Email:
Date of birth:
Age:
Biological status:
Activity status:
BMI:
Maintenance Calories:
Daily calorie goal:
Macronutrient ratio:

Jane Smith
client2@example.com
1995-05-10
28
Woman
Moderate exercise/sports 3-5 days per week
22.8
2095.0
2000.0
C(60%) P(20%) F(20%)

Day 1		
Meal 1	Lamb, raw, ground	100.0g
	Cauliflower, raw	100.0g
	Crackers, rusk toast	100.0g
Training	CARDIO RUNNING 60min	