INSERT INTO DIET

VALUES (101, '2024-04-01', 201, '80g', '150g', '2000kcal', '50g');

INSERT INTO DIET

VALUES (102, '2024-04-02', 202, '85g', '160g', '2100kcal', '55g');

INSERT INTO DIET

VALUES (103, '2024-04-03', 203, '90g', '170g', '2200kcal', '60g');

INSERT INTO DIET

VALUES (104, '2024-04-04', 204, '85g', '160g', '2100kcal', '55g');

INSERT INTO DIET

VALUES (105, '2024-04-05', 205, '80g', '150g', '2000kcal', '50g');

INSERT INTO DIET

VALUES (106, '2024-04-06', 206, '90g', '170g', '2200kcal', '60g');

INSERT INTO DIET

VALUES (107, '2024-04-07', 207, '95g', '180g', '2300kcal', '65g');

INSERT INTO DIET

VALUES (108, '2024-04-08', 208, '90g', '170g', '2200kcal', '60g');

INSERT INTO DIET

VALUES (109, '2024-04-09', 209, '85g', '160g', '2100kcal', '55g');

INSERT INTO DIET

VALUES (110, '2024-04-10', 210, '80g', '150g', '2000kcal', '50g');

INSERT INTO DIET

VALUES (111, '2024-04-11', 211, '75g', '140g', '1900kcal', '45g');

INSERT INTO DIET

VALUES (112, '2024-04-12', 212, '85g', '160g', '2100kcal', '55g');

INSERT INTO DIET

VALUES (113, '2024-04-13', 213, '100g', '190g', '2400kcal', '70g');

INSERT INTO DIET

VALUES (114, '2024-04-14', 214, '80g', '150g', '2000kcal', '50g');

INSERT INTO DIET

VALUES (115, '2024-04-15', 215, '90g', '170g', '2200kcal', '60g');

INSERT INTO DIET

VALUES (116, '2024-04-16', 216, '85g', '160g', '2100kcal', '55g');

INSERT INTO DIET

VALUES (117, '2024-04-17', 217, '95g', '180g', '2300kcal', '65g');

INSERT INTO DIET

VALUES (118, '2024-04-18', 218, '100g', '190g', '2400kcal', '70g');

INSERT INTO DIET

VALUES (119, '2024-04-19', 219, '80g', '150g', '2000kcal', '50g');

INSERT INTO DIET

VALUES (120, '2024-04-20', 220, '90g', '170g', '2200kcal', '60g');