



DNA Diet Club

30-Day Personalized Diet Plan

Patient Information

Name: John Doe

Age: 32

Current Weight: 185.00lbs

Goal Weight: 170.00lbs

Current Body Fat: 22.0%

Goal Body Fat: 15.0%

Plan Overview

This 30-day diet plan is designed for John Doe to achieve his goal of losing 15 lbs and reducing body fat from 22% to 15%. The plan is vegetarian, focusing on Italian and Mediterranean cuisines to promote sustainable weight loss through balanced nutrition, increased fiber intake, and controlled calorie consumption.

Total Recipes: 30 breakfast, 30 lunch, 30 dinner

