

FINOVA FITNESS

Comprehensive Diet Plan

Professional Nutrition & Wellness

CLIENT INFORMATION

Name: Muhammad Mehlab
Fitness Goal: weight-loss
Current Weight: 70.00 kg
Target Weight: 65.00 kg
Height: 170.00 cm
Activity Level: lightly_active
Monthly Budget: PKR 14998.00
Dietary Restrictions: none
Additional Notes: none

NUTRITIONIST CONTACT INFORMATION

Name: Dr. Emily Chen
Email: nutritionist@finovafitness.com
Plan Created: 16/08/2025
Last Updated: 16/08/2025

PLAN OVERVIEW

Plan Name: Diet Plan for Muhammad Mehlaab
Description: Personalized diet plan for Muhammad Mehlab - weight-loss
Total Weeks: 4

OVERALL GOALS

Target Calories: 1050
Target Protein: 140g
Target Carbs: 210g
Target Fats: 56g

DIETARY GUIDELINES

1. oh no

SHOPPING LIST

• oh yeah

PREPARATION TIPS

1. oh yeah

WEEKLY MEAL PLANS

Week 1

2025-08-16 - 2025-08-16

Day 1

Daily Nutritional Summary:

Calories: 120000 | Protein: 9780g | Carbs: 7650g | Fats: 5430g

Breakfast:

- breakfast khao - 1000g

(120000 cal, 9780g protein, 7650g carbs, 5430g fats)

Total: 120000 cal | 9780g protein | 7650g carbs | 5430g fats

Day 2

Daily Nutritional Summary:

Calories: 14937112

Lunch:

- fuckkkkk - 12123g

(14937112 cal)

Total: 14937112 cal

Weekly Goals:

PROGRESS TRACKING

Current Step: 6

Total Steps: 6

This plan has been customized based on your specific needs and goals.

This diet plan has been professionally designed by your nutritionist.

