

Name: {name}

Email: {email}

Phone: {phone}

Macro: {macro}

{#meals}

Meal {table}

{#items}

{name} {Calories} {Carb} {Fat} {Protein} {category} {Quantity}

{/items}

{/meals}

Macro: Fat: {fat} Carbs:{carb} Protein{protein}