

Diet plan

FoodItem{name='Peanuts', kCal=800, quantity='100g', type=PROTEIN}

FoodItem{name='Protein Shake', kCal=400, quantity='200g', type=PROTEIN}

FoodItem{name='Pizza', kCal=900, quantity='450g', type=CARBS}

FoodItem{name='Muesli', kCal=350, quantity='100g', type=FIBER}

FoodItem{name='Pasta', kCal=1000, quantity='400g', type=CARBS}