30-30-40 Diet Plan

Name: Jan Damian **Age:** 33

Height: 182 cm **Weight:** 60 kg **Total daily calorie intake:** 2500

Goals

Client is aims for a healthy body and proper nutrition.

Day	Breakfast	Lunch	Dinner	Snack	Notes
1	Greek Yogurt with Mixed Berries and	Grilled Chicken Salad	Quinoa and Black Bean Stuffed Bell Peppers	Apple with Peanut Butter	None
2	Veggie Omelette with Whole Grain Toast	Turkey and Avocado Wrap	Baked Salmon with Sweet Potato and Broccoli	Cottage Cheese with Pineapple	None
3	Smoothie Bowl	Chicken breast Sweet potato Green beans Salad with dressing	Chicken Stir-Fry with Brown Rice	Handful of Mixed Nuts	None
4					
5					
6					
7					

Additional notes

Given the client’s moderately active lifestyle, aim for a total daily caloric intake of approximately 2500 kcal. Adjust portion sizes and food choices based on personal preferences and nutritional needs. Include a variety of colorful fruits and vegetables to maximize nutrient intake.

Healthcare professional's information

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