

Meal Assessment Report

Sources of Calories, Protein, Carbohydrates, and Fats by Meal

Profile Info

Personal: [REDACTED] Female [REDACTED] 5 ft 4 in 150 lb

Day(s): Sunday (Breakfast, Lunch, Dinner, Snack), Monday (Breakfast, Lunch, Dinner, Snack), Tuesday (Breakfast, Lunch, Dinner, Snack)

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 25.7

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

