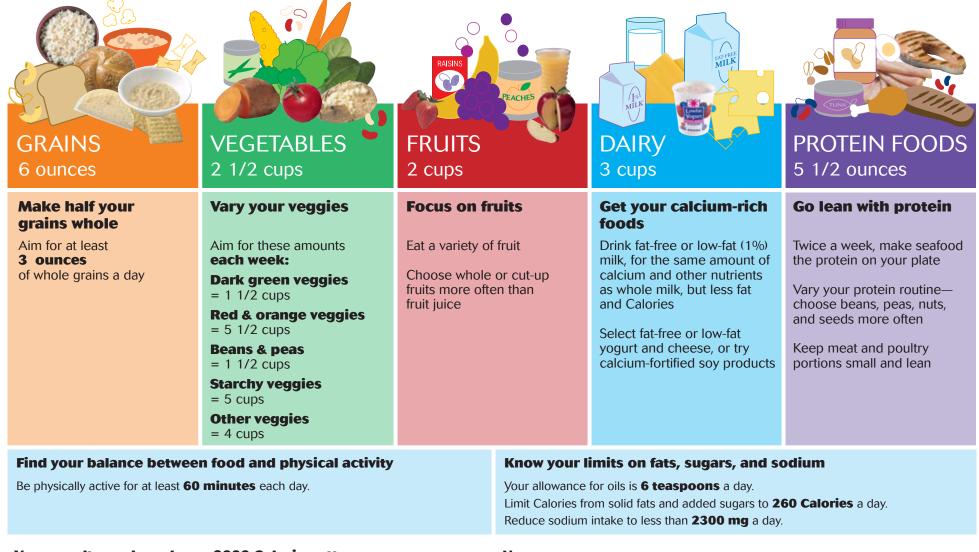
My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



Your results are based on a 2000 Calorie pattern.

Name:

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.