

Diet Plan Confirmation

Dear [Client's Name],

Thank you for choosing our services! We are pleased to confirm your customized diet plan.

Your Customized Diet Plan:

- **Start Date:** [Start Date]
- **Duration:** [Duration, e.g., 4 weeks]
- **Daily Caloric Intake:** [Calories]
- **Meal Frequency:** [Meals per Day]

Sample Daily Meal Plan:

- **Breakfast:** [Breakfast Options]
- **Lunch:** [Lunch Options]
- **Dinner:** [Dinner Options]
- **Snacks:** [Snack Options]

We encourage you to reach out if you have any questions or need further assistance.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]