

Meal Plan Customization Request

Date: [Insert Date]

Dear [Nutritionist/Chef's Name],

I hope this message finds you well. I am writing to request a customization of my meal plan to better align with my dietary preferences and health goals.

Due to [reason such as dietary restrictions, allergies, or preference], I would like to modify the following aspects of my current meal plan:

- Exclude: [List any foods to exclude]
- Include: [List any foods to include]
- Adjust portions: [Specify any portion adjustments]

I would appreciate your guidance in creating a balanced meal plan that meets my updated requirements. Please let me know if you require any further information from my side.

Thank you for your assistance!

Sincerely,

[Your Name]

[Your Contact Information]