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E.O. 14168 has no basis in our actual understanding in human biology and the scientific consensus of sex and gender. To begin with, when taken literally, no one will match the E.O.'s nonfactual definitions of 'male' or 'female' since no one produces sex cells at conception. If it were to be interpreted as what sex cells would've been produced at conception if they were produced, everyone would fall under the definition of 'female' since all zygotes (the stage of pre-life at conception) start developing parts typically seen in those of the female sex and don't differentiate between sexes until around 2 months after conception.

Even if the E.O. did wait until embryos (the stage after zygotes) differentiate between sexes, the E.O. doesn't take into account intersex people. There are quite a few intersex conditions that cause people to develop streak gonads instead of ovaries or testes, meaning that without medical intervention (which isn't advanced enough for this) they will never produce sex cells, and therefore still wouldn't be considered male or female even under this variation of the E.O. There's also an intersex condition called Complete Androgen Insensitivity Syndrome where cisgender women develop testes, which would cause them to fall under the definition of 'male' in this interpretation of the E.O.

Even if the E.O. accounted for intersex people somehow, at its core the E.O. (or at the very least the part where it redefines sex and gender) does not, despite what its full name suggests, actually conform its definitions to actual biology. The scientific consensus is that transgender people are valid, and the whole point of the E.O. is to make them invalid. There are many studies and research papers on this (even as the current administration tries to censor facts that don't care about their feelings or match their agenda, their reach currently only affects to our research, and any other countries won't have the same censorship restrictions as ours for their research), and even if one isn't savvy with reading those kinds of papers, there are simplified versions out there that describe what they mean in terms most people can understand. In the end, if this E.O. is applied, there will be men with passports claiming they're women, women with passports claiming they're men, and people of other genders that with passports that claim they're one of the two.

tldr: E.O. 14168 does not match even the simpler parts of the actual science surrounding sex and gender, which will lead to many people being incorrectly identified on their passports if it's carried out, and many people (or all people if the E.O. is taken literally) will not meet the requirements for either 'male' or 'female'.