

1

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Paleo Snack	993.6666666666666	Lunch	1	1.0	94.27	237.09	63.22
Steamed Vegetarian Lunch	838.3333333333334	Breakfast	1	1.0	89.24	221.34	59.49
Grilled Vegetarian Lunch	1431.5	Dinner	1	1.0	113.13	280.6	75.69

2

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Lunch	926.6666666666666	Dinner	2	1.0	89.06	222.09	59.31
Steamed Vegetarian Lunch	727.5	Lunch	2	1.0	132.27	328.35	87.78
Fried Vegetarian Dinner	797.6666666666666	Breakfast	2	1.0	122.47	309.65	82.86

3

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Snack	1541.5	Breakfast	3	1.0	112.16	278.38	74.11
Baked Vegetarian Lunch	829.5	Lunch	3	1.0	131.02	328.07	87.55
Fried Vegetarian Dinner	760.3333333333334	Dinner	3	1.0	123.27	306.48	82.46

4

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Snack	1043.0	Dinner	4	1.0	112.23	282.52	74.71
Fried Low-Carb Dinner	797.0	Lunch	4	1.0	102.12	255.24	68.0
Roasted Keto Snack	600.3333333333334	Breakfast	4	1.0	83.33	208.14	55.67

5

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Snack	755.3333333333334	Breakfast	5	1.0	123.98	310.45	82.74
Steamed Keto Dinner	463.0	Dinner	5	1.0	95.22	237.2	63.26
Grilled Paleo Snack	1464.5	Lunch	5	1.0	112.41	281.79	74.93

6

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Keto Breakfast	994.0	Breakfast	6	1.0	112.3	283.06	74.9
Baked Balanced Lunch	962.0	Lunch	6	1.0	94.1	238.23	63.24
Roasted Balanced Snack	807.5	Dinner	6	1.0	124.61	312.12	83.5

7

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Keto Snack	803.0	Breakfast	7	1.0	131.83	328.24	88.51
Steamed Vegan Dinner	950.3333333333334	Dinner	7	1.0	85.54	213.54	57.03
Fried Paleo Lunch	1062.3333333333333	Lunch	7	1.0	79.16	196.91	53.01

8

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Paleo Snack	1152.5	Lunch	8	1.0	75.82	189.99	50.62
Steamed Low-Carb Dinner	836.0	Breakfast	8	1.0	131.71	329.52	87.71

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Paleo Snack	441.3333333333333	Dinner	8	1.0	95.33	239.74	64.16

9

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	839.5	Breakfast	9	1.0	124.38	312.39	82.97
Baked Paleo Snack	1668.0	Dinner	9	1.0	111.37	279.56	74.3
Steamed Vegetarian Dinner	1067.5	Lunch	9	1.0	75.91	189.8	50.92

10

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Keto Lunch	430.6666666666667	Dinner	10	1.0	94.65	238.31	63.41
Fried Paleo Lunch	791.0	Lunch	10	1.0	123.15	308.23	82.26
Fried Paleo Lunch	1073.0	Breakfast	10	1.0	79.09	199.03	52.69

11

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Snack	1601.0	Dinner	11	1.0	112.16	278.81	74.21
Roasted Low-Carb Snack	983.0	Lunch	11	1.0	97.33	244.77	65.28
Roasted Paleo Lunch	988.6666666666666	Breakfast	11	1.0	85.29	214.46	57.15

12

13

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Snack	1047.0	Dinner	12	1.0	79.4	198.22	52.69
Baked Balanced Lunch	897.6666666666666	Breakfast	12	1.0	88.77	219.52	58.82
Raw Low-Carb Snack	888.0	Lunch	12	1.0	124.66	310.85	83.09

14

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Snack	906.6666666666666	Breakfast	13	1.0	88.14	222.25	59.33
Steamed Keto Dinner	1039.3333333333333	Lunch	13	1.0	79.1	197.47	52.82
Steamed Balanced Dinner	1006.6666666666666	Dinner	13	1.0	113.61	281.28	75.1

15

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Snack	1102.3333333333333	Breakfast	15	1.0	78.47	197.76	52.18
Baked Vegan Breakfast	855.0	Dinner	15	1.0	124.74	312.84	83.01
Fried Vegan Lunch	861.6666666666666	Lunch	15	1.0	102.41	256.11	68.3

16

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	1421.5	Lunch	16	1.0	111.92	282.64	75.28
Steamed Vegetarian Breakfast	1007.3333333333334	Breakfast	16	1.0	97.67	243.02	65.74
Steamed Vegetarian Breakfast	1021.0	Dinner	16	1.0	111.64	282.34	75.14

17

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	1546.0	Breakfast	17	1.0	111.51	279.64	74.47
Grilled Keto Lunch	676.0	Lunch	17	1.0	83.39	210.29	55.25
Steamed Low-Carb Dinner	837.3333333333334	Dinner	17	1.0	124.11	310.24	82.77

18

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Dinner	1033.0	Breakfast	18	1.0	113.04	279.59	75.19
Raw Paleo Lunch	865.0	Dinner	18	1.0	125.17	312.23	83.05
Grilled Vegetarian Dinner	736.0	Lunch	18	1.0	131.13	330.81	88.2

19

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegetarian Breakfast	948.3333333333334	Dinner	19	1.0	97.46	246.03	65.19
Boiled Balanced Lunch	917.6666666666666	Lunch	19	1.0	85.49	215.63	57.14
Steamed Vegetarian Dinner	1044.6666666666667	Breakfast	19	1.0	112.2	281.83	75.2

20

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegetarian Breakfast	693.0	Breakfast	20	1.0	83.52	207.33	55.88
Fried Vegetarian Breakfast	850.0	Lunch	20	1.0	75.61	192.71	50.81
Steamed Paleo Breakfast	959.0	Dinner	20	1.0	83.9	211.46	57.28

21

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Snack	1550.0	Lunch	21	1.0	113.39	280.64	75.26
Steamed Balanced Snack	960.3333333333334	Dinner	21	1.0	111.58	281.25	75.03
Roasted Low-Carb Snack	1078.3333333333333	Breakfast	21	1.0	112.05	281.41	74.7

22

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Keto Breakfast	1041.0	Breakfast	22	1.0	112.76	280.68	74.93
Roasted Low-Carb Dinner	735.0	Lunch	22	1.0	132.06	329.37	87.84
Raw Keto Snack	898.3333333333334	Dinner	22	1.0	88.32	221.64	58.9

23

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Lunch	1025.6666666666667	Breakfast	23	1.0	93.77	234.81	62.54
Roasted Paleo Lunch	552.0	Dinner	23	1.0	121.72	304.97	81.12

24

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Lunch	784.0	Lunch	23	1.0	75.69	189.15	50.9

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegan Lunch	857.3333333333334	Dinner	24	1.0	101.75	255.22	67.99
Steamed Balanced Breakfast	873.0	Breakfast	24	1.0	87.42	221.73	59.76
Fried Vegan Lunch	817.0	Lunch	24	1.0	131.75	330.77	88.07

25

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegan Lunch	882.6666666666666	Breakfast	25	1.0	86.19	212.65	57.35
Baked Vegan Dinner	1494.0	Dinner	25	1.0	112.59	281.99	74.95
Boiled Balanced Dinner	797.0	Lunch	25	1.0	101.67	255.29	68.17

26

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Vegetarian Breakfast	474.6666666666667	Dinner	26	1.0	121.71	303.77	81.09
Baked Vegan Breakfast	1116.3333333333333	Lunch	26	1.0	78.5	197.16	52.77
Boiled Keto Snack	1504.5	Breakfast	26	1.0	113.37	280.22	75.72

27

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	1511.5	Lunch	27	1.0	112.06	279.54	74.98
Boiled Paleo Lunch	1019.6666666666666	Dinner	27	1.0	112.19	282.67	74.7
Roasted Low-Carb Dinner	680.3333333333334	Breakfast	27	1.0	82.94	208.37	55.47

28

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Paleo Lunch	895.0	Dinner	28	1.0	89.0	220.49	59.55
Raw Paleo Lunch	811.3333333333334	Breakfast	28	1.0	102.63	256.22	67.6
Raw Paleo Lunch	1078.6666666666667	Lunch	28	1.0	79.32	196.98	52.97

29

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Paleo Lunch	826.0	Breakfast	29	1.0	124.14	312.29	83.8
Boiled Balanced Lunch	1234.0	Dinner	29	1.0	76.11	190.28	50.74
Boiled Balanced Lunch	940.3333333333334	Lunch	29	1.0	94.2	236.32	62.44

30

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Lunch	838.3333333333334	Dinner	30	1.0	89.24	221.34	59.49
Boiled Balanced Dinner	848.6666666666666	Lunch	30	1.0	102.57	256.22	67.79
Steamed Balanced Snack	1048.5	Breakfast	30	1.0	84.35	210.64	56.03

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Vegetarian Lunch	1431.5	Dinner	31	1.0	113.13	280.6	75.69
Steamed Vegetarian Lunch	838.3333333333334	Breakfast	31	1.0	89.24	221.34	59.49
Boiled Paleo Snack	993.6666666666666	Lunch	31	1.0	94.27	237.09	63.22