

# Meal Plan

## Day 1

Raw Low-Carb Snack: Calories 1259, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Raw Low-Carb Snack: Calories 1307, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 2

Grilled Vegetarian Breakfast: Calories 1309, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Boiled Low-Carb Dinner: Calories 1314, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 3

Baked Vegan Snack: Calories 1329, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Grilled Vegan Dinner: Calories 1356, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 4

Baked Keto Breakfast: Calories 1362, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Boiled Balanced Breakfast: Calories 1370, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 5

Boiled Low-Carb Dinner: Calories 1380, Proteins 139.49, Carbs 348.88, Fats 92.73, Priority 0.75  
Boiled Keto Breakfast: Calories 1402, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 6

Raw Vegan Breakfast: Calories 1407, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Fried Vegetarian Breakfast: Calories 1425, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 7

Steamed Vegetarian Breakfast: Calories 1431, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Raw Balanced Dinner: Calories 1443, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 8

Fried Vegan Lunch: Calories 1451, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Fried Balanced Lunch: Calories 1455, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 9

Raw Keto Snack: Calories 1502, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77  
Grilled Low-Carb Dinner: Calories 1567, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 10

Raw Vegetarian Lunch: Calories 1592, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Raw Low-Carb Breakfast: Calories 1597, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 11

Steamed Paleo Breakfast: Calories 1636, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Fried Paleo Snack: Calories 1678, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.78

## Day 12

Grilled Keto Dinner: Calories 1757, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Baked Keto Breakfast: Calories 1881, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 13

Boiled Paleo Lunch: Calories 1910, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Steamed Paleo Snack: Calories 1912, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 14

Baked Vegetarian Dinner: Calories 1931, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Boiled Balanced Breakfast: Calories 1933, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 15

Roasted Vegan Lunch: Calories 1934, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Raw Keto Dinner: Calories 1934, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 16

Baked Vegan Lunch: Calories 1948, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Grilled Paleo Dinner: Calories 1949, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 17

Raw Keto Lunch: Calories 1986, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Baked Paleo Dinner: Calories 2000, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 18

Steamed Vegetarian Lunch: Calories 2051, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Steamed Keto Lunch: Calories 2055, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 19

Roasted Low-Carb Dinner: Calories 2062, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Steamed Vegetarian Breakfast: Calories 2069, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority

## Day 20

Grilled Keto Dinner: Calories 2085, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Roasted Vegetarian Lunch: Calories 2101, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 21

Steamed Keto Lunch: Calories 2111, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Baked Balanced Dinner: Calories 2123, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

## Day 22

Boiled Low-Carb Snack: Calories 2131, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Grilled Paleo Dinner: Calories 2132, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 23

Baked Low-Carb Snack: Calories 2139, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Fried Vegan Lunch: Calories 2142, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

## Day 24

Boiled Keto Snack: Calories 2164, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Baked Balanced Snack: Calories 2177, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 25

Steamed Vegan Lunch: Calories 2189, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

Baked Keto Lunch: Calories 2190, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

## Day 26

Raw Vegan Dinner: Calories 2191, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Boiled Vegan Dinner: Calories 2199, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

## Day 27

Boiled Vegetarian Breakfast: Calories 2223, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Raw Paleo Dinner: Calories 2229, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

## Day 28

Baked Paleo Snack: Calories 2233, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

Grilled Balanced Breakfast: Calories 2235, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

## Day 29

Fried Balanced Breakfast: Calories 2249, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.76

Fried Paleo Snack: Calories 2256, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.77

## Day 30

Boiled Low-Carb Lunch: Calories 2266, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0.75

Steamed Balanced Breakfast: Calories 2274, Proteins 139.49, Carbs 348.88, Fats 92.94, Priority 0