

1

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Snack	755.333333333334	Dinner	1	1.0	123.98	310.45	82.74
Grilled Vegetarian Lunch	1431.5	Lunch	1	1.0	113.13	280.6	75.69
Boiled Paleo Snack	993.66666666666666	Breakfast	1	1.0	94.27	237.09	63.22

2

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Paleo Snack	773.5	Dinner	2	1.0	132.0	330.16	87.64
Baked Vegetarian Lunch	829.5	Breakfast	2	1.0	131.02	328.07	87.55
Steamed Low-Carb Dinner	837.333333333334	Lunch	2	1.0	124.11	310.24	82.77

3

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	680.333333333334	Lunch	3	1.0	82.94	208.37	55.47
Fried Paleo Lunch	791.0	Breakfast	3	1.0	123.15	308.23	82.26
Raw Low-Carb Snack	1047.0	Dinner	3	1.0	79.4	198.22	52.69

4

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Snack	906.66666666666666	Lunch	4	1.0	88.14	222.25	59.33
Grilled Paleo Snack	1464.5	Dinner	4	1.0	112.41	281.79	74.93
Raw Low-Carb Snack	888.0	Breakfast	4	1.0	124.66	310.85	83.09

5

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Low-Carb Dinner	836.0	Dinner	5	1.0	131.71	329.52	87.71
Steamed Low-Carb Dinner	1033.0	Lunch	5	1.0	113.04	279.59	75.19
Baked Paleo Snack	1668.0	Breakfast	5	1.0	111.37	279.56	74.3

6

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Low-Carb Dinner	735.0	Dinner	6	1.0	132.06	329.37	87.84
Roasted Low-Carb Dinner	1511.5	Lunch	6	1.0	112.06	279.54	74.98
Grilled Keto Breakfast	994.0	Breakfast	6	1.0	112.3	283.06	74.9

7

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Paleo Lunch	1073.0	Lunch	7	1.0	79.09	199.03	52.69
Steamed Vegetarian Dinner	1067.5	Breakfast	7	1.0	75.91	189.8	50.92
Fried Paleo Lunch	1062.333333333333	Dinner	7	1.0	79.16	196.91	53.01

8

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegetarian Breakfast	948.333333333334	Lunch	8	1.0	97.46	246.03	65.19
Fried Low-Carb Dinner	797.0	Dinner	8	1.0	102.12	255.24	68.0

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Keto Lunch	1010.333333333334	Breakfast	8	1.0	97.09	245.41	65.12

9

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Dinner	918.0	Breakfast	9	1.0	97.68	243.94	65.42
Grilled Low-Carb Lunch	708.5	Lunch	9	1.0	131.65	330.58	87.89
Raw Low-Carb Snack	1020.0	Dinner	9	1.0	113.07	282.2	74.71

10

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Keto Breakfast	998.0	Dinner	10	1.0	93.72	235.76	62.85
Steamed Vegetarian Dinner	1044.6666666666667	Breakfast	10	1.0	112.2	281.83	75.2
Boiled Balanced Dinner	797.0	Lunch	10	1.0	101.67	255.29	68.17

11

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	1546.0	Breakfast	11	1.0	111.51	279.64	74.47
Roasted Balanced Snack	519.6666666666666	Dinner	11	1.0	122.06	305.09	81.18
Raw Balanced Lunch	931.333333333334	Lunch	11	1.0	94.36	233.72	62.6

12

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Fried Vegetarian Breakfast	958.0	Dinner	12	1.0	98.32	244.55	65.49
Raw Vegan Breakfast	866.0	Breakfast	12	1.0	89.28	224.7	59.1
Fried Vegetarian Breakfast	693.0	Lunch	12	1.0	83.52	207.33	55.88

13

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Baked Vegetarian Snack	650.66666666666666	Dinner	13	1.0	83.17	208.94	56.12
Fried Vegetarian Breakfast	850.0	Breakfast	13	1.0	75.61	192.71	50.81
Baked Vegan Breakfast	1116.333333333333	Lunch	13	1.0	78.5	197.16	52.77

14

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Paleo Breakfast	880.0	Breakfast	14	1.0	124.01	311.05	83.03
Raw Keto Dinner	1581.5	Lunch	14	1.0	111.44	280.3	74.86
Fried Balanced Dinner	1611.5	Dinner	14	1.0	111.3	277.59	74.3

15

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Low-Carb Lunch	795.333333333334	Breakfast	15	1.0	123.99	308.97	82.49
Raw Vegan Dinner	1511.0	Lunch	15	1.0	112.29	279.7	75.47
Baked Balanced Lunch	962.0	Dinner	15	1.0	94.1	238.23	63.24

16

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Paleo Snack	1152.5	Breakfast	16	1.0	75.82	189.99	50.62
Raw Vegan Snack	765.0	Dinner	16	1.0	132.08	329.47	88.28
Grilled Paleo Snack	441.333333333333	Lunch	16	1.0	95.33	239.74	64.16

17

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Boiled Balanced Dinner	848.666666666666	Lunch	17	1.0	102.57	256.22	67.79
Roasted Paleo Snack	1046.333333333333	Breakfast	17	1.0	78.54	199.33	53.12
Boiled Balanced Dinner	482.0	Dinner	17	1.0	122.02	302.87	81.25

18

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Dinner	779.0	Lunch	18	1.0	131.92	330.13	87.22
Roasted Keto Snack	600.333333333334	Breakfast	18	1.0	83.33	208.14	55.67
Steamed Vegetarian Breakfast	1421.5	Dinner	18	1.0	111.92	282.64	75.28

19

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Breakfast	839.5	Dinner	19	1.0	124.38	312.39	82.97
Steamed Vegetarian Breakfast	1021.0	Breakfast	19	1.0	111.64	282.34	75.14
Steamed Vegetarian Breakfast	1007.333333333334	Lunch	19	1.0	97.67	243.02	65.74

20

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Balanced Dinner	1006.66666666666666	Lunch	20	1.0	113.61	281.28	75.1
Steamed Vegetarian Lunch	926.66666666666666	Breakfast	20	1.0	89.06	222.09	59.31
Raw Vegetarian Lunch	815.0	Dinner	20	1.0	76.55	188.45	51.29

21

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Keto Snack	898.333333333334	Dinner	21	1.0	88.32	221.64	58.9
Raw Keto Lunch	1122.333333333333	Lunch	21	1.0	79.01	198.55	52.92
Steamed Paleo Breakfast	821.0	Breakfast	21	1.0	131.29	331.1	87.67

22

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Baked Vegetarian Dinner	507.333333333333	Lunch	22	1.0	121.51	304.17	80.77
Raw Vegetarian Snack	1601.0	Dinner	22	1.0	112.16	278.81	74.21
Raw Keto Breakfast	806.333333333334	Breakfast	22	1.0	76.67	192.35	50.37

23

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Vegetarian Dinner	736.0	Lunch	23	1.0	131.13	330.81	88.2
Raw Paleo Lunch	895.0	Breakfast	23	1.0	89.0	220.49	59.55

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Breakfast	1121.0	Dinner	23	1.0	76.44	189.18	50.5

24

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Baked Balanced Breakfast	630.0	Dinner	24	1.0	83.43	208.79	55.48
Baked Vegetarian Snack	994.0	Lunch	24	1.0	93.73	235.44	62.91
Baked Vegetarian Snack	802.0	Breakfast	24	1.0	123.8	308.22	82.58

25

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Vegetarian Dinner	881.0	Breakfast	25	1.0	102.58	256.41	68.33
Raw Vegetarian Dinner	915.0	Dinner	25	1.0	85.92	215.28	57.25
Raw Vegetarian Dinner	1038.0	Lunch	25	1.0	80.39	195.87	52.4

26

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Balanced Snack	807.5	Dinner	26	1.0	124.61	312.12	83.5
Roasted Balanced Snack	1102.333333333333	Lunch	26	1.0	78.47	197.76	52.18
Roasted Balanced Snack	1113.6666666666667	Breakfast	26	1.0	78.96	198.31	52.95

27

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Raw Low-Carb Dinner	795.0	Lunch	27	1.0	132.61	330.7	87.79
Baked Vegan Breakfast	855.0	Breakfast	27	1.0	124.74	312.84	83.01
Raw Keto Dinner	1051.0	Dinner	27	1.0	84.71	212.88	57.02

28

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Steamed Vegetarian Lunch	838.333333333334	Lunch	28	1.0	89.24	221.34	59.49
Baked Vegetarian Dinner	942.66666666666666	Dinner	28	1.0	94.76	235.99	62.49
Steamed Vegetarian Lunch	727.5	Breakfast	28	1.0	132.27	328.35	87.78

29

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Baked Vegetarian Dinner	382.0	Breakfast	29	1.0	95.9	238.53	63.56
Raw Vegan Dinner	774.0	Lunch	29	1.0	123.02	309.58	82.08
Baked Balanced Lunch	897.66666666666666	Dinner	29	1.0	88.77	219.52	58.82

30

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Roasted Paleo Snack	918.66666666666666	Dinner	30	1.0	85.93	213.97	56.87
Fried Balanced Dinner	1010.5	Breakfast	30	1.0	76.37	190.4	50.82
Raw Vegan Snack	869.5	Lunch	30	1.0	125.17	311.61	83.41

meal_name	Calories_Final	day_label	Day	Portion	Proteins	Carbs	Fats
Grilled Vegetarian Lunch	1431.5	Lunch	31	1.0	113.13	280.6	75.69
Boiled Paleo Snack	993.6666666666666	Breakfast	31	1.0	94.27	237.09	63.22
Raw Low-Carb Snack	755.333333333334	Dinner	31	1.0	123.98	310.45	82.74