

Registered Clinical Nutritionist.

MEAL PLAN

Day One

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
4 medium Egg fried					
2 glass(s) Milk, cow, whole, fresh, boiled					

Day Two

Breakfast	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Three

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Four

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Five

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Six

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Seven

Pre Workout	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Company Name

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NUTRIENT ANALYSIS

Nutrient	Reference Intake	Meal Plan Composition
Energy (Kcals)	2865.7	122.3
Water (mls)	2865.7	78.2
Protein (g)	107.5	6.5
Fat (g)	95.4	8.1
Fibre (g)	38.0	0.0
Carbohydrate (g)	394.0	5.8
Calcium (mg)	1000.0	116.0
Iron (mg)	8.0	0.6
Magnesium (mg)	400.0	13.3
Phosphorous (mg)	700.0	155.2
Potassium (mg)	4700.0	152.0
Sodium (mg)	2300.0	237.0
Zinc (mg)	11.0	0.8
Selenium (mcg)	55.0	8.7
Vit-A-RAE (mcg)	900.0	88.5
Vit-A-RE (mcg)	0.0	88.5
Retinol (mcg)	0.0	88.5
B-carotene (mcg)	0.0	0.0
Thiamin (mg)	1.2	0.0
Riboflavin (mg)	1.3	0.3
Niacin (mg)	16.0	0.0
Dietary Folate (mcg)	400.0	22.8
Food Folate (mcg)	0.0	22.8
Vit-B12 (mcg)	2.4	1.2
Vit-C (mg)	90.0	0.0
Cholesterol (mg)	300.0	123.1
Oxalic Acid (mg)	0.0	0.0
Phytate (mg)	0.0	0.0

Nutritionist Notes :

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prepared on

Prepared by

Registered Clinical Nutritionist.