

Food Macros Drop Down

- Omnivorous
- Vegan
- Vegetarian

Category

Meat

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Food Name	Energy 100G	Proteins 100G	Carbohydrates 100G	Fat 100G
Chicken Breast	165.0	31.0	0.0	3.6
Duck breast	162.5	22.2	0.0	7.6
Lamb	292.0	24.3	0.0	20.8
Lean Beef	152.0	21.0	0.0	7.0
Lean Pork Chops	240.0	29.0	0.0	13.1
Turkey breast	135.0	29.0	0.0	0.7