

# Meal Plan

Franmcissss

August 24, 2024

Meal Type: Organic  
Objective: Maintain  
Frequency: Two Meals A Day  
Date Covered: September 1, 2024 - September 15, 2024  
Total Costs: Php 16000.00

## September 2, 2024

### Eggplant and Chicken Cakes

*Chicken*

**611** calories  
**15.8g** of carbs  
**47.5g** of protein  
**15.8g** of fats

### Creamy Chicken & Squash Pasta

*Chicken*

**646** calories  
**16.7g** of carbs  
**50.2g** of protein  
**16.7g** of fats

## September 3, 2024

### Hash Brown with Bacon and Eggs

*Pork*

**620** calories  
**16.1g** of carbs  
**48.2g** of protein  
**16.1g** of fats

### Gomoku Gohan

*Meat-Free*

**659** calories  
**17.1g** of carbs  
**51.2g** of protein  
**17.1g** of fats

## September 4, 2024

### Korean Chicken with Pickled Cabbage Salad

*Chicken*

**657** calories  
**17.0g** of carbs  
**51.1g** of protein  
**17.0g** of fats

### Fish Pasta with Rocket & Parsley Pesto

*Seafood*

**659** calories  
**17.1g** of carbs  
**51.2g** of protein  
**17.1g** of fats

## September 5, 2024

### Roasted Asparagus Bacon and Egg

*Pork*

**658** calories  
**17.1g** of carbs  
**51.2g** of protein  
**17.1g** of fats

### Caprese Salad

*Meat-Free*

**641** calories  
**16.6g** of carbs  
**49.8g** of protein  
**16.6g** of fats

## September 6, 2024

### Spicy Beef Salad

*Beef*

**647** calories  
**16.8g** of carbs  
**50.3g** of protein  
**16.8g** of fats

### Chicken Garden Pasta

*Chicken*

**653** calories  
**16.9g** of carbs  
**50.8g** of protein  
**16.9g** of fats

## September 9, 2024

### Eggplant and Chicken Pancakes

*Chicken*

### Chicken Caesar Salad

*Chicken*

**624** calories

**658** calories  
**17.1g** of carbs  
**51.2g** of protein  
**17.1g** of fats

**16.2g** of carbs  
**48.5g** of protein  
**16.2g** of fats

## September 10, 2024

### Zucchini Lasagna

*Meat-Free*

**621** calories  
**16.1g** of carbs  
**48.3g** of protein  
**16.1g** of fats

### One Pan Lemon Chicken Breast

*Chicken*

**621** calories  
**16.1g** of carbs  
**48.3g** of protein  
**16.1g** of fats

## September 11, 2024

### Baked Chicken with Fried Spinach

*Chicken*

**618** calories  
**16.0g** of carbs  
**48.1g** of protein  
**16.0g** of fats

### Warm Mushroom, Lentil and Goat Cheese Salad

*Meat-Free*

**634** calories  
**16.4g** of carbs  
**49.3g** of protein  
**16.4g** of fats

## September 12, 2024

### Avocado on Sweet Potato

*Meat-Free*

**627** calories  
**16.3g** of carbs  
**48.8g** of protein  
**16.3g** of fats

### Creamy Tuscan Chicken Thighs

*Chicken*

**610** calories  
**15.8g** of carbs  
**47.4g** of protein  
**15.8g** of fats

**September 13, 2024**

**Thai Red Curry Beef**

*Beef*

**635** calories

**16.5g** of carbs

**49.4g** of protein

**16.5g** of fats

**Chicken Breast with Squash  
Pan Sauce**

*Chicken*

**610** calories

**15.8g** of carbs

**47.4g** of protein

**15.8g** of fats