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Focus on proper form and progressive overload."  
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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.  
Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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        "difficulty": "Intermediate",  
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Focus on proper form and progressive overload."

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        "difficulty": "Beginner",  
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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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        "difficulty": "Beginner",  
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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.  
Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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"body_part": "Arms",
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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"equipment": "Bodyweight",
"goal": "Muscle Gain + Energy Support",
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.  
Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."

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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."
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Focus on proper form and progressive overload."

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        "sets": 3,  
        "reps": "12-15",  
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Focus on proper form and progressive overload."

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Adapted for female muscle toning and endurance."

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        "sets": 3,  
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Adapted for female muscle toning and endurance."

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        "difficulty": "Beginner",  
        "sets": 3,  
        "reps": "12-15",  
        "notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.  
Adapted for female muscle toning and endurance."

    },  
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
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"body_part": "Back",
"equipment": "Bodyweight",
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"difficulty": "Beginner",
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
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"equipment": "Dumbbell",
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"difficulty": "Beginner",
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
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"equipment": "Bodyweight",
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"difficulty": "Intermediate",
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Adapted for female muscle toning and endurance."
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        "body_part": "Legs",
        "equipment": "Bodyweight",
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        "difficulty": "Beginner",
        "sets": 3,
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Adapted for female muscle toning and endurance."
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        "equipment": "Bodyweight",
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Adapted for female muscle toning and endurance."
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        "body_part": "Legs",
        "equipment": "Barbell",
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        "difficulty": "Beginner",
        "sets": 3,
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Adapted for female muscle toning and endurance."
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        "body_part": "Back",
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        "difficulty": "Intermediate",
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        "reps": "12-15",
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Adapted for female muscle toning and endurance."
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Adapted for female muscle toning and endurance."
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Adapted for female muscle toning and endurance."
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"body_part": "Back",
"equipment": "Bodyweight",
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"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
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"body_part": "Chest",
"equipment": "Bodyweight",
"goal": "Muscle Gain + Energy Support",
"difficulty": "Intermediate",
"sets": 3,
"reps": "12-15",
"notes": "Ectomorph focus: hypertrophy training with heavier loads and minimal cardio.
Adapted for female muscle toning and endurance."
},
{
"exercise_id": "ECF017",
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"body_part": "Arms",
"equipment": "Dumbbell",
"goal": "Muscle Gain + Energy Support",
"difficulty": "Beginner",
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Adapted for female muscle toning and endurance."
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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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Adapted for female muscle toning and endurance."

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    "asparagus",
    "olive oil"
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    "carbs": 5,  
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  "meal\_type": "Lunch",  
  "goal": "Lean Muscle Gain + Maintenance",  
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    "carbs": 45,  
    "fat": 10  
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  "ingredients": [  
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  "macros": {  
    "protein": 28,  
    "carbs": 20,  
    "fat": 9  
  }

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            "carbs": 36,
            "fat": 15
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            "green beans",
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            "carbs": 10,
            "fat": 26
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            "avocado",
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"macros": {
  "protein": 30,
  "carbs": 25,
  "fat": 10
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"ingredients": [
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "protein": 45,
    "carbs": 40,
    "fat": 12
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  "ingredients": [
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    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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  "ingredients": [
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    "banana",
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  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "carbs": 35,
  "fat": 16
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"ingredients": [
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  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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"macros": {
  "protein": 42,
  "carbs": 38,
  "fat": 15
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"ingredients": [
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  "kidney beans",
  "tomato sauce",
  "onions"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "carbs": 5,
  "fat": 20
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        "protein": 35,
        "carbs": 45,
        "fat": 10
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        "whey protein",
        "blueberries",
        "almond milk"
    ],
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control."
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    "meal_type": "Dinner",
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        "protein": 28,
        "carbs": 20,
        "fat": 9
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    "ingredients": [
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        "pineapple"
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control."
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    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
        "protein": 46,
        "carbs": 36,
        "fat": 15
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"ingredients": [
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  "green beans",
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 10,
    "fat": 26
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    "spinach",
    "avocado",
    "olive oil"
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    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
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    "mixed berries",
    "chia seeds"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "goal": "Lean Muscle Gain + Maintenance",
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  "fat": 12
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  "broccoli",
  "olive oil"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_type": "Dinner",
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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  "ingredients": [
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    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "protein": 42,
    "carbs": 35,
    "fat": 16
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  "ingredients": [
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    "sweet potato",
    "asparagus",
    "olive oil"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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        "almond milk"
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        "protein": 28,
        "carbs": 20,
        "fat": 9
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        "pineapple"
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        "carbs": 36,
        "fat": 15
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        "brown rice",
        "green beans",
        "olive oil"
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        "protein": 38,
        "carbs": 10,
        "fat": 26
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        },
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            "eggs",
            "spinach",
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            "carbs": 25,
            "fat": 10
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        "ingredients": [
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            "mixed berries",
            "chia seeds"
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        "goal": "Lean Muscle Gain + Maintenance",
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            "protein": 45,
            "carbs": 40,
            "fat": 12
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            "quinoa",
            "broccoli",
            "olive oil"
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        "meal_type": "Dinner",
        "goal": "Lean Muscle Gain + Maintenance",
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  "protein": 38,
  "carbs": 18,
  "fat": 18
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"ingredients": [
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  "almond butter",
  "banana",
  "almond milk"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 42,
    "carbs": 35,
    "fat": 16
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    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "carbs": 5,
    "fat": 20
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 45,
    "fat": 10
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
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    "carbs": 20,
    "fat": 9
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        "pineapple"
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control."
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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        "protein": 46,
        "carbs": 36,
        "fat": 15
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    "ingredients": [
        "steak",
        "brown rice",
        "green beans",
        "olive oil"
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control."
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{
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        "protein": 38,
        "carbs": 10,
        "fat": 26
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
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{
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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    "goal": "Lean Muscle Gain + Maintenance",
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        "protein": 30,
        "carbs": 25,
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        "fat": 10
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    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
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        "protein": 45,
        "carbs": 40,
        "fat": 12
    },
    "ingredients": [
        "chicken breast",
        "quinoa",
        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
    "macros": {
        "protein": 38,
        "carbs": 18,
        "fat": 18
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM055",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
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  "protein": 42,
  "carbs": 35,
  "fat": 16
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  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
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        "goal": "Lean Muscle Gain + Maintenance",

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        "macros": {

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            "carbs": 45,

            "fat": 10

        },

        "ingredients": [

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            "whey protein",

            "blueberries",

            "almond milk"

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            "carbs": 20,

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        "meal\_type": "Shake",

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            "carbs": 36,

            "fat": 15

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        "protein": 38,
        "carbs": 10,
        "fat": 26
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        "avocado",
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        "carbs": 25,
        "fat": 10
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    "meal_type": "Dinner",
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        "carbs": 18,
        "fat": 18
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        "fat": 16
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  "kidney beans",
  "tomato sauce",
  "onions"
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  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 5,
    "fat": 20
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  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 35,
    "carbs": 45,
    "fat": 10
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    "carbs": 20,
    "fat": 9
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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        "carbs": 25,
        "fat": 10
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    "meal_type": "Lunch",
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        "carbs": 40,
        "fat": 12
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        "quinoa",
        "broccoli",
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        "protein": 38,
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        "fat": 18
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        "carbs": 35,
        "fat": 16
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        "asparagus",
        "olive oil"
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    "meal_type": "Breakfast",
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        "carbs": 38,
        "fat": 15
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  "fat": 20
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"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 450,
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  "carbs": 45,
  "fat": 10
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  "blueberries",
  "almond milk"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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            "carbs": 36,

            "fat": 15

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            "brown rice",

            "green beans",

            "olive oil"

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        "meal\_type": "Breakfast",

        "goal": "Lean Muscle Gain + Maintenance",

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            "carbs": 10,

            "fat": 26

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        "ingredients": [

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            "spinach",

            "avocado",

            "olive oil"

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        "meal\_type": "Snack",

        "goal": "Lean Muscle Gain + Maintenance",

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            "protein": 30,

            "carbs": 25,

            "fat": 10

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    "carbs": 40,
    "fat": 12
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    "broccoli",
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    "carbs": 18,
    "fat": 18
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    "banana",
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  "fat": 16
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    "carbs": 38,
    "fat": 15
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    "kidney beans",
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    "onions"
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    "carbs": 5,
    "fat": 20
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    "fat": 9  
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    "carbs": 10,
    "fat": 26
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    "protein": 30,
    "carbs": 25,
    "fat": 10
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    "carbs": 40,
    "fat": 12
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"ingredients": [
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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    "almond butter",
    "banana",
    "almond milk"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "carbs": 35,
    "fat": 16
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  "carbs": 38,
  "fat": 15
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  "kidney beans",
  "tomato sauce",
  "onions"
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    "carbs": 5,
    "fat": 20
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    "carbs": 45,
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    "fat": 9
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    "green beans",
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    "avocado",
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        "fat": 10
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        "chia seeds"
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        "protein": 45,
        "carbs": 40,
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        "chicken breast",
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        "broccoli",
        "olive oil"
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control."
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            "carbs": 38,
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            "carbs": 25,
            "fat": 10
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    "carbs": 45,
    "fat": 10
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    "carbs": 36,  
    "fat": 15  
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    "green beans",  
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    "carbs": 10,  
    "fat": 26  
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    "avocado",  
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        "carbs": 40,
        "fat": 12
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        "quinoa",
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        "carbs": 18,
        "fat": 18
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        "carbs": 35,
        "fat": 25
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}
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    "meal_type": "Breakfast",
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        "carbs": 38,
        "fat": 15
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        "kidney beans",
        "tomato sauce",
        "onions"
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        "protein": 40,
        "carbs": 5,
        "fat": 20
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        "egg",
        "olive oil",
        "lettuce"
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    "meal_name": "Oatmeal with Whey Protein and Blueberries",
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  "protein": 35,
  "carbs": 45,
  "fat": 10
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  "whey protein",
  "blueberries",
  "almond milk"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 20,
    "fat": 9
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    "pineapple"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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  "ingredients": [
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    "green beans",
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    "protein": 38,
    "carbs": 10,
    "fat": 26
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
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  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
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  "ingredients": [
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    "quinoa",
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        "olive oil"
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
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        "protein": 38,
        "carbs": 18,
        "fat": 18
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    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "macros": {
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        "carbs": 35,
        "fat": 16
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    "ingredients": [
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        "sweet potato",
        "asparagus",
        "olive oil"
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    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 470,
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        "carbs": 38,
        "fat": 15
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        "kidney beans",
        "tomato sauce",
        "onions"
    ],
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    "meal_type": "Snack",
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    "macros": {
        "protein": 40,
        "carbs": 5,
        "fat": 20
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    "ingredients": [
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        "egg",
        "olive oil",
        "lettuce"
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    "goal": "Lean Muscle Gain + Maintenance",
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        "protein": 35,
        "carbs": 45,
        "fat": 10
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    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
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  "carbs": 20,
  "fat": 9
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"ingredients": [
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  "pineapple"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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  "ingredients": [
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    "brown rice",
    "green beans",
    "olive oil"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_id": "MM131",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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      "carbs": 25,
      "fat": 10
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    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
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    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 45,
      "carbs": 40,
      "fat": 12
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      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 38,
      "carbs": 18,
      "fat": 18
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    "ingredients": [

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        "whey protein",
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        "almond milk"
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{
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    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 35,
        "fat": 16
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    "ingredients": [
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        "asparagus",
        "olive oil"
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    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 38,
        "fat": 15
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    "ingredients": [
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        "kidney beans",
        "tomato sauce",
        "onions"
    ],
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    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,
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  "protein": 40,
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  "fat": 20
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  "egg",
  "olive oil",
  "lettuce"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 35,
    "carbs": 45,
    "fat": 10
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 300,
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    "protein": 28,
    "carbs": 20,
    "fat": 9
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  "ingredients": [
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    "pineapple"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
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  "carbs": 36,
  "fat": 15
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  "brown rice",
  "green beans",
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_id": "MM141",
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  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
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  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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    "carbs": 25,
    "fat": 10
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  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
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}
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    "carbs": 40,
    "fat": 12
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    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Almond-Butter Protein Shake",
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  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
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}
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"ingredients": [
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  "asparagus",
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
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  "ingredients": [
    "tuna",
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    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM148",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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"calories": 450,
"macros": {
  "protein": 35,
  "carbs": 45,
  "fat": 10
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  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM150",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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"meal_id": "MM151",
"meal_name": "Scrambled Eggs with Spinach & Avocado",
"meal_type": "Breakfast",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 430,
"macros": {
  "protein": 38,
  "carbs": 10,
  "fat": 26
},
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
"meal_id": "MM152",
"meal_name": "Greek Yogurt with Berries and Chia Seeds",
"meal_type": "Snack",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 360,
"macros": {
  "protein": 30,
  "carbs": 25,
  "fat": 10
},
"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
"meal_id": "MM153",
"meal_name": "Grilled Chicken with Quinoa and Broccoli",
"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 480,
"macros": {
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  "carbs": 40,
  "fat": 12
},
"ingredients": [
  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
]
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],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
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{
  "meal_id": "MM154",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 400,
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    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
},
{
  "meal_id": "MM155",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
},
{
  "meal_id": "MM156",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  }
}
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        },
        "ingredients": [
            "ground turkey",
            "kidney beans",
            "tomato sauce",
            "onions"
        ],
        "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    {
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        "meal_name": "Tuna Salad with Olive Oil and Egg",
        "meal_type": "Snack",
        "goal": "Lean Muscle Gain + Maintenance",
        "calories": 420,
        "macros": {
            "protein": 40,
            "carbs": 5,
            "fat": 20
        },
        "ingredients": [
            "tuna",
            "egg",
            "olive oil",
            "lettuce"
        ],
        "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    {
        "meal_id": "MM158",
        "meal_name": "Oatmeal with Whey Protein and Blueberries",
        "meal_type": "Lunch",
        "goal": "Lean Muscle Gain + Maintenance",
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        "macros": {
            "protein": 35,
            "carbs": 45,
            "fat": 10
        },
        "ingredients": [
            "oats",
            "whey protein",
            "blueberries",
            "almond milk"
        ],
        "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    {
        "meal_id": "MM159",
        "meal_name": "Cottage Cheese with Pineapple",
        "meal_type": "Dinner",
        "goal": "Lean Muscle Gain + Maintenance",
        "calories": 480,
        "macros": {
            "protein": 50,
            "carbs": 30,
            "fat": 15
        },
        "ingredients": [
            "cottage cheese",
            "pineapple",
            "spinach",
            "pepper"
        ],
        "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
    }
]
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"goal": "Lean Muscle Gain + Maintenance",
"calories": 300,
"macros": {
  "protein": 28,
  "carbs": 20,
  "fat": 9
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"ingredients": [
  "cottage cheese",
  "pineapple"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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{  
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",  
  "meal_type": "Snack",  
  "goal": "Lean Muscle Gain + Maintenance",  
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  "macros": {  
    "protein": 30,  
    "carbs": 25,  
    "fat": 10  
  },  
  "ingredients": [  
    "Greek yogurt",  
    "mixed berries",  
    "chia seeds"  
  ],  
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."  
},  
{  
  "meal_id": "MM163",  
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",  
  "meal_type": "Lunch",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 480,  
  "macros": {  
    "protein": 45,  
    "carbs": 40,  
    "fat": 12  
  },  
  "ingredients": [  
    "chicken breast",  
    "quinoa",  
    "broccoli",  
    "olive oil"  
  ],  
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."  
},  
{  
  "meal_id": "MM164",  
  "meal_name": "Almond-Butter Protein Shake",  
  "meal_type": "Dinner",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 400,  
  "macros": {  
    "protein": 38,  
    "carbs": 18,  
    "fat": 18  
  },  
  "ingredients": [  
    "whey protein",  
    "almond butter",  
    "banana",  
  ]  
}
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        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
},
{
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    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 500,
    "macros": {
        "protein": 42,
        "carbs": 35,
        "fat": 16
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
},
{
    "meal_id": "MM166",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 470,
    "macros": {
        "protein": 42,
        "carbs": 38,
        "fat": 15
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat
control."
},
{
    "meal_id": "MM167",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,
    "macros": {
        "protein": 40,
        "carbs": 5,
        "fat": 25
    }
}
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        "fat": 20
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM168",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 35,
        "carbs": 45,
        "fat": 10
    },
    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM169",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 300,
    "macros": {
        "protein": 28,
        "carbs": 20,
        "fat": 9
    },
    "ingredients": [
        "cottage cheese",
        "pineapple"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM170",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
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"calories": 520,
"macros": {
  "protein": 46,
  "carbs": 36,
  "fat": 15
},
"ingredients": [
  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM171",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM172",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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{  
  "meal_id": "MM173",  
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",  
  "meal_type": "Lunch",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 480,  
  "macros": {  
    "protein": 45,  
    "carbs": 40,  
    "fat": 12  
  },  
  "ingredients": [  
    "chicken breast",  
    "quinoa",  
    "broccoli",  
    "olive oil"  
  ],  
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."  
},  
{  
  "meal_id": "MM174",  
  "meal_name": "Almond-Butter Protein Shake",  
  "meal_type": "Dinner",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 400,  
  "macros": {  
    "protein": 38,  
    "carbs": 18,  
    "fat": 18  
  },  
  "ingredients": [  
    "whey protein",  
    "almond butter",  
    "banana",  
    "almond milk"  
  ],  
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."  
},  
{  
  "meal_id": "MM175",  
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",  
  "meal_type": "Shake",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 500,  
  "macros": {  
    "protein": 42,  
    "carbs": 35,  
    "fat": 16  
  },  
  "ingredients": [  
    "salmon",  
    "sweet potato",  
    "asparagus"  
  ]  
}
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        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM176",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 470,
    "macros": {
        "protein": 42,
        "carbs": 38,
        "fat": 15
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM177",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,
    "macros": {
        "protein": 40,
        "carbs": 5,
        "fat": 20
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM178",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 35,
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        "carbs": 45,
        "fat": 10
    },
    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM179",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 300,
    "macros": {
        "protein": 28,
        "carbs": 20,
        "fat": 9
    },
    "ingredients": [
        "cottage cheese",
        "pineapple"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM180",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 520,
    "macros": {
        "protein": 46,
        "carbs": 36,
        "fat": 15
    },
    "ingredients": [
        "steak",
        "brown rice",
        "green beans",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM181",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
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"goal": "Lean Muscle Gain + Maintenance",
"calories": 430,
"macros": {
  "protein": 38,
  "carbs": 10,
  "fat": 26
},
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM182",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM183",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 480,
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    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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},
{
  "meal_id": "MM184",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM185",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 500,
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    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM186",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
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        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM187",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,
    "macros": {
        "protein": 40,
        "carbs": 5,
        "fat": 20
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM188",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 35,
        "carbs": 45,
        "fat": 10
    },
    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM189",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 300,
    "macros": {
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        "protein": 28,
        "carbs": 20,
        "fat": 9
    },
    "ingredients": [
        "cottage cheese",
        "pineapple"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 520,
    "macros": {
        "protein": 46,
        "carbs": 36,
        "fat": 15
    },
    "ingredients": [
        "steak",
        "brown rice",
        "green beans",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM191",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 430,
    "macros": {
        "protein": 38,
        "carbs": 10,
        "fat": 26
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM192",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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"meal_type": "Snack",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 360,
"macros": {
  "protein": 30,
  "carbs": 25,
  "fat": 10
},
"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM193",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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  "ingredients": [
    "whey protein",
    "almond butter",
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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            "carbs": 35,

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            "salmon",

            "sweet potato",

            "asparagus",

            "olive oil"

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        "meal\_id": "MM196",

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        "meal\_type": "Breakfast",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 470,

        "macros": {

            "protein": 42,

            "carbs": 38,

            "fat": 15

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        "ingredients": [

            "ground turkey",

            "kidney beans",

            "tomato sauce",

            "onions"

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        "meal\_type": "Snack",

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        "macros": {

            "protein": 40,

            "carbs": 5,

            "fat": 20

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"ingredients": [
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 450,
"macros": {
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    "carbs": 45,
    "fat": 10
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"ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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"goal": "Lean Muscle Gain + Maintenance",
"calories": 300,
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    "carbs": 20,
    "fat": 9
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"ingredients": [
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    "pineapple"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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"meal_id": "MM200",
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"goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 36,
        "fat": 15
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        "olive oil"
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    "macros": {
        "protein": 34,
        "carbs": 9,
        "fat": 23
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
    "macros": {
        "protein": 27,
        "carbs": 22,
        "fat": 9
    },
    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
}
],
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",  
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  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 432,  
  "macros": {  
    "protein": 40,  
    "carbs": 36,  
    "fat": 11  
  },  
  "ingredients": [  
    "chicken breast",  
    "quinoa",  
    "broccoli",  
    "olive oil"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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  "meal_name": "Almond-Butter Protein Shake",  
  "meal_type": "Dinner",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 360,  
  "macros": {  
    "protein": 34,  
    "carbs": 16,  
    "fat": 16  
  },  
  "ingredients": [  
    "whey protein",  
    "almond butter",  
    "banana",  
    "almond milk"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",  
  "meal_type": "Shake",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 450,  
  "macros": {  
    "protein": 38,  
    "carbs": 32,  
    "fat": 14  
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  "ingredients": [  
    "salmon",  
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    "asparagus"  
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fitness."
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    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
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    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 378,
    "macros": {
        "protein": 36,
        "carbs": 4,
        "fat": 18
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
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    "meal_name": "Oatmeal with Whey Protein and Blueberries",
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    "goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 40,
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        "almond milk"
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    "meal_type": "Dinner",
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    "macros": {
        "protein": 25,
        "carbs": 18,
        "fat": 8
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    "ingredients": [
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        "pineapple"
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    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
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    "calories": 468,
    "macros": {
        "protein": 41,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
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        "brown rice",
        "green beans",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 350,
    "macros": {
        "protein": 35,
        "carbs": 25,
        "fat": 15
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    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "cheese"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
}
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  "protein": 34,
  "carbs": 9,
  "fat": 23
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"ingredients": [
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  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 22,
    "fat": 9
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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  "macros": {
    "protein": 40,
    "carbs": 36,
    "fat": 11
  },
  "ingredients": [
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    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "protein": 34,
    "carbs": 16,
    "fat": 16
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  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
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  "meal_name": "Turkey Chili with Kidney Beans",
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    "protein": 38,
    "carbs": 34,
    "fat": 14
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        "onions"
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        "protein": 36,
        "carbs": 4,
        "fat": 18
    },
    "ingredients": [
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        "egg",
        "olive oil",
        "lettuce"
    ],
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    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 40,
        "fat": 9
    },
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        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
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{
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 270,
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        "protein": 25,
        "carbs": 18,
        "fat": 8
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    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 468,
    "macros": {
        "protein": 41,
        "carbs": 32,
        "fat": 14
    },
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        "steak",
        "brown rice",
        "green beans",
        "olive oil"
    ],
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{
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    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 387,
    "macros": {
        "protein": 34,
        "carbs": 9,
        "fat": 23
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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"goal": "Lean Muscle Gain + Maintenance",
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"macros": {
  "protein": 27,
  "carbs": 22,
  "fat": 9
},
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  "mixed berries",
  "chia seeds"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 36,
    "fat": 11
  },
  "ingredients": [
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    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 16,
    "fat": 16
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
}
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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            "carbs": 32,

            "fat": 14

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        "ingredients": [

            "salmon",

            "sweet potato",

            "asparagus",

            "olive oil"

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        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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        "meal\_name": "Turkey Chili with Kidney Beans",

        "meal\_type": "Breakfast",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 423,

        "macros": {

            "protein": 38,

            "carbs": 34,

            "fat": 14

        },

        "ingredients": [

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            "kidney beans",

            "tomato sauce",

            "onions"

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        "meal\_type": "Snack",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 378,

        "macros": {

            "protein": 36,

            "carbs": 4,

            "fat": 18

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    "carbs": 40,
    "fat": 9
},
"ingredients": [
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    "whey protein",
    "blueberries",
    "almond milk"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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"meal_name": "Cottage Cheese with Pineapple",
"meal_type": "Dinner",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 270,
"macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
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    "pineapple"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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"meal_name": "Grilled Steak with Brown Rice and Green Beans",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
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        "protein": 41,
        "carbs": 32,
        "fat": 14
    },
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        "brown rice",
        "green beans",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
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    "goal": "Lean Muscle Gain + Maintenance",
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        "protein": 34,
        "carbs": 9,
        "fat": 23
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
        "protein": 27,
        "carbs": 22,
        "fat": 9
    },
    "ingredients": [
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        "mixed berries",
        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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"meal_name": "Grilled Chicken with Quinoa and Broccoli",
"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
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  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 16,
    "fat": 16
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  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
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  ],
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    "protein": 38,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
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}
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],
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fitness."
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  "meal_type": "Breakfast",
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    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 4,
    "fat": 18
  },
  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
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  "meal_id": "MF038",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  }
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        },
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  "carbs": 32,
  "fat": 14
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fitness."
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        "fat": 9
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fitness."
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            "banana",
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    "carbs": 34,  
    "fat": 14  
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        "fat": 14
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    "carbs": 34,
    "fat": 14
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    "kidney beans",
    "tomato sauce",
    "onions"
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    "carbs": 4,
    "fat": 18
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    "fat": 9
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        "olive oil"
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fitness."
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        "carbs": 22,
        "fat": 9
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        "fat": 11
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    "fat": 14
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    "asparagus",
    "olive oil"
  ],
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    "fat": 14
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    "ground turkey",
    "kidney beans",
    "tomato sauce",
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            "fat": 18

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            "egg",

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            "carbs": 40,

            "fat": 9

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            "blueberries",

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            "protein": 25,

            "carbs": 18,

            "fat": 8

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    "carbs": 32,
    "fat": 14
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    "green beans",
    "olive oil"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "carbs": 9,
    "fat": 23
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    "spinach",
    "avocado",
    "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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        "carbs": 22,
        "fat": 9
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        "mixed berries",
        "chia seeds"
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        "carbs": 36,
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        "olive oil"
    ],
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        "carbs": 16,
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        "almond butter",
        "banana",
        "almond milk"
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"meal_type": "Shake",
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    "carbs": 32,  
    "fat": 14  
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"calories": 387,
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"ingredients": [
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"avocado",
"olive oil"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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"meal_type": "Snack",
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"chia seeds"
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"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 16,
        "fat": 16
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    "ingredients": [
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        "carbs": 32,
        "fat": 14
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  "kidney beans",
  "tomato sauce",
  "onions"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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"meal_type": "Snack",
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  "carbs": 4,
  "fat": 18
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  "egg",
  "olive oil",
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "carbs": 40,
  "fat": 9
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  "whey protein",
  "blueberries",
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fitness."
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        "carbs": 18,
        "fat": 8
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fitness."
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        "carbs": 32,
        "fat": 14
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        "brown rice",
        "green beans",
        "olive oil"
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fitness."
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        "protein": 34,
        "carbs": 9,
        "fat": 23
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"ingredients": [
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 27,
    "carbs": 22,
    "fat": 9
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    "chia seeds"
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 36,
    "fat": 11
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  "ingredients": [
    "chicken breast",
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    "broccoli",
    "olive oil"
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_name": "Almond-Butter Protein Shake",
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  "goal": "Lean Muscle Gain + Maintenance",
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  "protein": 34,
  "carbs": 16,
  "fat": 16
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"ingredients": [
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  "banana",
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 38,
    "carbs": 32,
    "fat": 14
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  "ingredients": [
    "salmon",
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    "olive oil"
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  "macros": {
    "protein": 38,
    "carbs": 34,
    "fat": 14
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  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "calories": 378,  
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    "carbs": 4,  
    "fat": 18  
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  "ingredients": [  
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    "egg",  
    "olive oil",  
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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    "carbs": 40,  
    "fat": 9  
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    "blueberries",  
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 270,  
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    "protein": 25,  
    "carbs": 18,  
    "fat": 8  
  },  
  "ingredients": [  
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    "pineapple"  
  ]  
}
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],
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fitness."
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 41,
    "carbs": 32,
    "fat": 14
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  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
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fitness."
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    "protein": 34,
    "carbs": 9,
    "fat": 23
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
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fitness."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
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  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 22,
    "fat": 9
  }
}
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        },
        "ingredients": [
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            "mixed berries",
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        "meal_type": "Lunch",
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            "protein": 40,
            "carbs": 36,
            "fat": 11
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            "broccoli",
            "olive oil"
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            "protein": 34,
            "carbs": 16,
            "fat": 16
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            "almond butter",
            "banana",
            "almond milk"
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        "meal_type": "Shake",
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  "asparagus",
  "olive oil"
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  "calories": 423,
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    "protein": 38,
    "carbs": 34,
    "fat": 14
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    "ground turkey",
    "kidney beans",
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    "carbs": 4,
    "fat": 18
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  "ingredients": [
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    "egg",
    "olive oil",
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    "carbs": 40,
    "fat": 9
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  "ingredients": [
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    "blueberries",
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  "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 18,
    "fat": 8
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fitness."
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        "carbs": 9,
        "fat": 23
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fitness."
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        "protein": 27,
        "carbs": 22,
        "fat": 9
    },
    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
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fitness."
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
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    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
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}
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        },
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            "olive oil"
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        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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        "meal_name": "Almond-Butter Protein Shake",
        "meal_type": "Dinner",
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            "carbs": 16,
            "fat": 16
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            "whey protein",
            "almond butter",
            "banana",
            "almond milk"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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        "meal_type": "Shake",
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            "carbs": 32,
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            "salmon",
            "sweet potato",
            "asparagus",
            "olive oil"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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        "meal_name": "Turkey Chili with Kidney Beans",
        "meal_type": "Breakfast",
        "goal": "Lean Muscle Gain + Maintenance",
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            "carbs": 45,
            "fat": 10
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        "ingredients": [
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            "chili powder",
            "cumin",
            "black beans",
            "kidney beans",
            "olive oil",
            "onions",
            "bell peppers",
            "garlic",
            "cumin",
            "turmeric",
            "black pepper",
            "salt"
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        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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]
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"goal": "Lean Muscle Gain + Maintenance",
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  "carbs": 34,
  "fat": 14
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  "tomato sauce",
  "onions"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "carbs": 4,
    "fat": 18
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
  ],
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    "protein": 32,
    "carbs": 40,
    "fat": 9
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "carbs": 18,
    "fat": 8
  },
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    "pineapple"
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF131",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 9,
    "fat": 23
  },
  "ingredients": [
    "eggs",
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    "avocado"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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        "spinach",
        "avocado",
        "olive oil"
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    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
    "macros": {
        "protein": 27,
        "carbs": 22,
        "fat": 9
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    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
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    "ingredients": [
        "chicken breast",
        "quinoa",
        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
        "protein": 34,
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        "carbs": 16,
        "fat": 16
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF135",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 38,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF136",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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"meal_name": "Tuna Salad with Olive Oil and Egg",
"meal_type": "Snack",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 378,
"macros": {
  "protein": 36,
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"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF139",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
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}
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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        "meal\_id": "MF140",

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        "meal\_type": "Shake",

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        "calories": 468,

        "macros": {

            "protein": 41,

            "carbs": 32,

            "fat": 14

        },

        "ingredients": [

            "steak",

            "brown rice",

            "green beans",

            "olive oil"

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        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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        "meal\_name": "Scrambled Eggs with Spinach & Avocado",

        "meal\_type": "Breakfast",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 387,

        "macros": {

            "protein": 34,

            "carbs": 9,

            "fat": 23

        },

        "ingredients": [

            "eggs",

            "spinach",

            "avocado",

            "olive oil"

        ],

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        "meal\_name": "Greek Yogurt with Berries and Chia Seeds",

        "meal\_type": "Snack",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 324,

        "macros": {

            "protein": 27,

            "carbs": 22,

            "fat": 9

        },

    },

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"ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
"meal_id": "MF143",
"meal_name": "Grilled Chicken with Quinoa and Broccoli",
"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 432,
"macros": {
    "protein": 40,
    "carbs": 36,
    "fat": 11
},
"ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
"meal_id": "MF144",
"meal_name": "Almond-Butter Protein Shake",
"meal_type": "Dinner",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 360,
"macros": {
    "protein": 34,
    "carbs": 16,
    "fat": 16
},
"ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
"meal_id": "MF145",
"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 450,
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"macros": {
  "protein": 38,
  "carbs": 32,
  "fat": 14
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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF146",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 34,
    "fat": 14
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF147",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 4,
    "fat": 18
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
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{  
  "meal_id": "MF148",  
  "meal_name": "Oatmeal with Whey Protein and Blueberries",  
  "meal_type": "Lunch",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 405,  
  "macros": {  
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    "carbs": 40,  
    "fat": 9  
  },  
  "ingredients": [  
    "oats",  
    "whey protein",  
    "blueberries",  
    "almond milk"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
},  
{  
  "meal_id": "MF149",  
  "meal_name": "Cottage Cheese with Pineapple",  
  "meal_type": "Dinner",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 270,  
  "macros": {  
    "protein": 25,  
    "carbs": 18,  
    "fat": 8  
  },  
  "ingredients": [  
    "cottage cheese",  
    "pineapple"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
},  
{  
  "meal_id": "MF150",  
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",  
  "meal_type": "Shake",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 468,  
  "macros": {  
    "protein": 41,  
    "carbs": 32,  
    "fat": 14  
  },  
  "ingredients": [  
    "steak",  
    "brown rice",  
    "green beans",  
    "olive oil"  
  ]  
}
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],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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{  
  "meal\_id": "MF151",  
  "meal\_name": "Scrambled Eggs with Spinach & Avocado",  
  "meal\_type": "Breakfast",  
  "goal": "Lean Muscle Gain + Maintenance",  
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    "carbs": 9,  
    "fat": 23  
  },  
  "ingredients": [  
    "eggs",  
    "spinach",  
    "avocado",  
    "olive oil"],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
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{  
  "meal\_id": "MF152",  
  "meal\_name": "Greek Yogurt with Berries and Chia Seeds",  
  "meal\_type": "Snack",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 324,  
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    "protein": 27,  
    "carbs": 22,  
    "fat": 9  
  },  
  "ingredients": [  
    "Greek yogurt",  
    "mixed berries",  
    "chia seeds"],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
},  
{  
  "meal\_id": "MF153",  
  "meal\_name": "Grilled Chicken with Quinoa and Broccoli",  
  "meal\_type": "Lunch",  
  "goal": "Lean Muscle Gain + Maintenance",  
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  "macros": {  
    "protein": 40,  
    "carbs": 36,  
    "fat": 11  
  },  
},

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"ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
"meal_id": "MF154",
"meal_name": "Almond-Butter Protein Shake",
"meal_type": "Dinner",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 360,
"macros": {
    "protein": 34,
    "carbs": 16,
    "fat": 16
},
"ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
"meal_id": "MF155",
"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 450,
"macros": {
    "protein": 38,
    "carbs": 32,
    "fat": 14
},
"ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
"meal_id": "MF156",
"meal_name": "Turkey Chili with Kidney Beans",
"meal_type": "Breakfast",
"goal": "Lean Muscle Gain + Maintenance",
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"calories": 423,
"macros": {
  "protein": 38,
  "carbs": 34,
  "fat": 14
},
"ingredients": [
  "ground turkey",
  "kidney beans",
  "tomato sauce",
  "onions"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF157",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 4,
    "fat": 18
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF158",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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},
{
  "meal_id": "MF159",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
  "meal_id": "MF160",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 9,
    "fat": 23
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
  ]
}
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        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF162",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
    "macros": {
        "protein": 27,
        "carbs": 22,
        "fat": 9
    },
    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF163",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
    },
    "ingredients": [
        "chicken breast",
        "quinoa",
        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF164",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
        "protein": 34,
        "carbs": 16,
        "fat": 16
    }
}
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        },
        "ingredients": [
            "whey protein",
            "almond butter",
            "banana",
            "almond milk"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
    },
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        "meal_id": "MF165",
        "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
        "meal_type": "Shake",
        "goal": "Lean Muscle Gain + Maintenance",
        "calories": 450,
        "macros": {
            "protein": 38,
            "carbs": 32,
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            "salmon",
            "sweet potato",
            "asparagus",
            "olive oil"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
    },
    {
        "meal_id": "MF166",
        "meal_name": "Turkey Chili with Kidney Beans",
        "meal_type": "Breakfast",
        "goal": "Lean Muscle Gain + Maintenance",
        "calories": 423,
        "macros": {
            "protein": 38,
            "carbs": 34,
            "fat": 14
        },
        "ingredients": [
            "ground turkey",
            "kidney beans",
            "tomato sauce",
            "onions"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
    },
    {
        "meal_id": "MF167",
        "meal_name": "Tuna Salad with Olive Oil and Egg",
        "meal_type": "Snack",
        "goal": "Lean Muscle Gain + Maintenance",
        "calories": 350,
        "macros": {
            "protein": 45,
            "carbs": 15,
            "fat": 15
        },
        "ingredients": [
            "tuna",
            "olive oil",
            "egg",
            "lettuce",
            "cucumber",
            "carrots"
        ],
        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
    }
]
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"goal": "Lean Muscle Gain + Maintenance",
"calories": 378,
"macros": {
  "protein": 36,
  "carbs": 4,
  "fat": 18
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"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF168",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF169",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
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{  
  "meal_id": "MF170",  
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",  
  "meal_type": "Shake",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 468,  
  "macros": {  
    "protein": 41,  
    "carbs": 32,  
    "fat": 14  
  },  
  "ingredients": [  
    "steak",  
    "brown rice",  
    "green beans",  
    "olive oil"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
},  
{  
  "meal_id": "MF171",  
  "meal_name": "Scrambled Eggs with Spinach & Avocado",  
  "meal_type": "Breakfast",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 387,  
  "macros": {  
    "protein": 34,  
    "carbs": 9,  
    "fat": 23  
  },  
  "ingredients": [  
    "eggs",  
    "spinach",  
    "avocado",  
    "olive oil"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."  
},  
{  
  "meal_id": "MF172",  
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",  
  "meal_type": "Snack",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 324,  
  "macros": {  
    "protein": 27,  
    "carbs": 22,  
    "fat": 9  
  },  
  "ingredients": [  
    "Greek yogurt",  
    "mixed berries",  
    "chia seeds"  
  ]  
}
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        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
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    "meal_id": "MF173",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
    },
    "ingredients": [
        "chicken breast",
        "quinoa",
        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF174",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
        "protein": 34,
        "carbs": 16,
        "fat": 16
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF175",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 38,
        "carbs": 32,
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        "fat": 14
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF176",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF177",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 378,
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        "protein": 36,
        "carbs": 4,
        "fat": 18
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
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    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF178",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
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"meal_type": "Lunch",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 405,
"macros": {
  "protein": 32,
  "carbs": 40,
  "fat": 9
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"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF179",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF180",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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},
{
  "meal_id": "MF181",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 9,
    "fat": 23
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF182",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 22,
    "fat": 9
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF183",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 36,
    "fat": 11
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
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        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF184",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
        "protein": 34,
        "carbs": 16,
        "fat": 16
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF185",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 38,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
    "meal_id": "MF186",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
        "protein": 38,
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        "carbs": 34,
        "fat": 14
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF187",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 378,
    "macros": {
        "protein": 36,
        "carbs": 4,
        "fat": 18
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF188",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 405,
    "macros": {
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        "carbs": 40,
        "fat": 9
    },
    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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"meal_name": "Cottage Cheese with Pineapple",
"meal_type": "Dinner",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 270,
"macros": {
  "protein": 25,
  "carbs": 18,
  "fat": 8
},
"ingredients": [
  "cottage cheese",
  "pineapple"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF190",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF191",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 9,
    "fat": 23
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
}
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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        "meal\_id": "MF192",

        "meal\_name": "Greek Yogurt with Berries and Chia Seeds",

        "meal\_type": "Snack",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 324,

        "macros": {

            "protein": 27,

            "carbs": 22,

            "fat": 9

        },

        "ingredients": [

            "Greek yogurt",

            "mixed berries",

            "chia seeds"

        ],

        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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        "meal\_name": "Grilled Chicken with Quinoa and Broccoli",

        "meal\_type": "Lunch",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 432,

        "macros": {

            "protein": 40,

            "carbs": 36,

            "fat": 11

        },

        "ingredients": [

            "chicken breast",

            "quinoa",

            "broccoli",

            "olive oil"

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        "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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    {

        "meal\_id": "MF194",

        "meal\_name": "Almond-Butter Protein Shake",

        "meal\_type": "Dinner",

        "goal": "Lean Muscle Gain + Maintenance",

        "calories": 360,

        "macros": {

            "protein": 34,

            "carbs": 16,

            "fat": 16

        },

        "ingredients": [

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        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF195",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
    "macros": {
        "protein": 38,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF196",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
    },
    "ingredients": [
        "ground turkey",
        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF197",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 378,
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"macros": {
  "protein": 36,
  "carbs": 4,
  "fat": 18
},
"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF198",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF199",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF200",
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"meal_name": "Grilled Steak with Brown Rice and Green Beans",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 468,
"macros": {
  "protein": 41,
  "carbs": 32,
  "fat": 14
},
"ingredients": [
  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
}
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