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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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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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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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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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Focus on proper form and progressive overload."

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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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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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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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for female muscle toning and endurance."
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  "difficulty": "Beginner",
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for female muscle toning and endurance."
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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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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    },
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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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    "goal": "Lean Muscle Gain + Maintenance",
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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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  {
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    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 38,
      "carbs": 10,
      "fat": 26
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    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
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    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
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      "fat": 10
    },
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      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "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
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    "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_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
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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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"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
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  "protein": 42,
  "carbs": 35,
  "fat": 16
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"ingredients": [
  "salmon",
  "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
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  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
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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,
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    "carbs": 5,
    "fat": 20
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  "ingredients": [
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    "egg",
    "olive oil",
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    "lettuce"
  ],
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  "meal_id": "MM028",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 450,
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    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "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",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },

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    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
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    "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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    "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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  {
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 480,

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    "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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    "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."
  },
  {
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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."
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  "meal_id": "MM036",
  "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": "MM037",
  "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": "MM038",
  "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",
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        "blueberries",
        "almond milk"
    ],
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},
{
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
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    "macros": {
        "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",
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    "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_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"
    ],
    "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",
    "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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  {
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    "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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  {
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",

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"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": "MM045",
  "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": "MM046",
  "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."
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},
{
  "meal_id": "MM047",
  "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": "MM048",
  "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."
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{
  "meal_id": "MM049",
  "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",
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    "pineapple"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM050",
  "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": "MM051",
  "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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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,

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      "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_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": "MM054",
    "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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    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 500,
    "macros": {
      "protein": 42,
      "carbs": 35,
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      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
  {
    "meal_id": "MM056",
    "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,
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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."
  },
  {
    "meal_id": "MM057",
    "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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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

},
{

"meal_id": "MM058",
"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": "MM059",
"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": "MM060",
"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",

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        "brown rice",
        "green beans",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM061",
    "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": "MM062",
    "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": "MM063",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 480,
    "macros": {
        "protein": 45,

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      "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": "MM064",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
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      "asparagus",
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"meal_type": "Breakfast",
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    "carbs": 5,
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    "carbs": 45,
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    "carbs": 10,
    "fat": 26
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    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
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        "carbs": 25,
        "fat": 10
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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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    "meal_type": "Dinner",
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    "protein": 38,
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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"
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{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
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  "calories": 470,
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    "carbs": 38,
    "fat": 15
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  "ingredients": [
    "ground turkey",
    "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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  "egg",
  "olive oil",
  "lettuce"
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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": 45,
    "fat": 10
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    "blueberries",
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  "meal_type": "Dinner",
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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_type": "Shake",

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"calories": 520,

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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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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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"meal_type": "Breakfast",

"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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"meal_type": "Snack",

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

"calories": 360,

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"carbs": 25,

"fat": 10

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      "protein": 45,
      "carbs": 40,
      "fat": 12
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      "quinoa",
      "broccoli",
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    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 38,
      "carbs": 18,
      "fat": 18
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    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
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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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      "protein": 40,
      "carbs": 5,
      "fat": 20
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    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
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    "carbs": 45,
    "fat": 10
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    "whey protein",
    "blueberries",
    "almond milk"
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    "carbs": 20,
    "fat": 9
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  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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    "steak",
    "brown rice",
    "green beans",
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],
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    "protein": 38,
    "carbs": 10,
    "fat": 26
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  "ingredients": [
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    "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",
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    "carbs": 25,
    "fat": 10
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  "ingredients": [
    "Greek yogurt",
    "mixed berries",
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  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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}
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    "ingredients": [
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    "meal_type": "Dinner",
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      "protein": 38,
      "carbs": 18,
      "fat": 18
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      "whey protein",
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      "fat": 16
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"calories": 470,
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  "carbs": 38,
  "fat": 15
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  "tomato sauce",
  "onions"
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    "carbs": 5,
    "fat": 20
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  "ingredients": [
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    "olive oil",
    "lettuce"
  ],
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    "carbs": 45,
    "fat": 10
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    "fat": 9
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "fat": 15
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    "green beans",
    "olive oil"
  ],
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    "carbs": 10,
    "fat": 26
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    "spinach",
    "avocado",
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      "carbs": 25,
      "fat": 10
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      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
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      "carbs": 40,
      "fat": 12
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      "quinoa",
      "broccoli",
      "olive oil"
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    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
    }
  }

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    },
    "ingredients": [
      "whey protein",
      "almond butter",
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      "almond milk"
    ],
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      "sweet potato",
      "asparagus",
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      "carbs": 38,
      "fat": 15
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      "kidney beans",
      "tomato sauce",
      "onions"
    ],
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      "fat": 20
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      "tuna",
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      "olive oil",
      "lettuce"
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      "whey protein",
      "blueberries",
      "almond milk"
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
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    "macros": {
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      "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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    "carbs": 36,
    "fat": 15
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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM111",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM112",
  "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",
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    "chia seeds"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM113",
  "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": "MM114",
  "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": "MM115",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,

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    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM116",
  "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": "MM117",
  "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": "MM118",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",

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"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": "MM119",
  "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": "MM120",
  "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": "MM121",
  "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": "MM122",
  "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": "MM123",
  "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",
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        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM124",
    "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": "MM125",
    "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": "MM126",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 470,
    "macros": {
        "protein": 42,

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        "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": "MM127",
    "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": "MM128",
    "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": "MM129",

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"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": "MM130",
  "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": "MM131",
  "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"
  ],
}
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

},

{

"meal_id": "MM132",

"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": "MM133",

"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": "MM134",

"meal_name": "Almond-Butter Protein Shake",

"meal_type": "Dinner",

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

"calories": 400,

"macros": {

"protein": 38,

"carbs": 18,

"fat": 18

},

"ingredients": [

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        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM135",
    "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": "MM136",
    "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": "MM137",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,

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"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": "MM138",
  "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": "MM139",
  "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": "MM140",
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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": "MM141",
    "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": "MM142",
    "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"
    ],
  },

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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

},

{

"meal_id": "MM143",

"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": "MM144",

"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": "MM145",

"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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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM146",
  "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": "MM147",
  "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": "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
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
  {
    "meal_id": "MM149",
    "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": "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
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"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": {
    "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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    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
  {
    "meal_id": "MM154",
    "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": "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."
  },
  {
    "meal_id": "MM157",
    "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": "MM158",
    "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": "MM159",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",

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    "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": "MM160",
    "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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{
  "meal_id": "MM162",
  "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": "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."
},
{
  "meal_id": "MM165",
  "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,

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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",

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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,
  "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": "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,
  "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": "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": {

```

```

    "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": "MM190",
  "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",

```

```

    "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."
  },
  {
    "meal_id": "MM194",
    "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": "MM195",
  "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": "MM196",
  "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": "MM197",
  "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": "MM198",
    "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": "MM199",
    "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": "MM200",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 520,
    "macros": {

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```

    "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."
},
{
  "female": [
    {
      "meal_id": "MF001",
      "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": "MF002",
      "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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    "fat": 11
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    "quinoa",
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    "fat": 16
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    "fat": 14
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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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    "protein": 38,
    "carbs": 34,
    "fat": 14
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  "ingredients": [
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    "kidney beans",
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    "onions"
  ],
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  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
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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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      "carbs": 40,
      "fat": 9
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      "whey protein",
      "blueberries",
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      "protein": 25,
      "carbs": 18,
      "fat": 8
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    "ingredients": [
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      "protein": 41,
      "carbs": 32,
      "fat": 14
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      "brown rice",
      "green beans",
      "olive oil"
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "protein": 34,
  "carbs": 9,
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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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    "protein": 27,
    "carbs": 22,
    "fat": 9
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  "ingredients": [
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    "mixed berries",
    "chia seeds"
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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": 40,
    "carbs": 36,
    "fat": 11
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  "ingredients": [
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    "quinoa",
    "broccoli",
    "olive oil"
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  "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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        "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",
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      "macros": {
        "protein": 38,
        "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",
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      "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
      },
      "ingredients": [
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        "kidney beans",
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        "onions"
    ],
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    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
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    "calories": 378,
    "macros": {
        "protein": 36,
        "carbs": 4,
        "fat": 18
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
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},
{
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    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
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        "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."
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
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    "calories": 270,
    "macros": {

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    "protein": 25,
    "carbs": 18,
    "fat": 8
  },
  "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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  "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_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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},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",

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    "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
    },
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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",
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    "calories": 360,
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      "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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"meal_type": "Shake",

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

"calories": 450,

"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."

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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

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"ingredients": [

"ground turkey",

"kidney beans",

"tomato sauce",

"onions"

],

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

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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": 378,

"macros": {

"protein": 36,

"carbs": 4,

"fat": 18

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    "ingredients": [
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      "egg",
      "olive oil",
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    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
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      "carbs": 40,
      "fat": 9
    },
    "ingredients": [
      "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,
    "macros": {
      "protein": 25,
      "carbs": 18,
      "fat": 8
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
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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": {

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    "protein": 41,
    "carbs": 32,
    "fat": 14
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    "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"
  ],
  "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": [
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    "mixed berries",
    "chia seeds"
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  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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      "protein": 40,
      "carbs": 36,
      "fat": 11
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      "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_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
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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",
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      "carbs": 32,
      "fat": 14
    },
    "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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{
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  "meal_name": "Turkey Chili with Kidney Beans",
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  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
  "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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  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
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    "protein": 36,
    "carbs": 4,
    "fat": 18
  },
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"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
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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": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
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    },
    "ingredients": [
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        "whey protein",
        "blueberries",
        "almond milk"
    ],
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{
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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"
    ],
    "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",
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    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 468,
    "macros": {
        "protein": 41,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
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        "brown rice",
        "green beans",
        "olive oil"
    ],
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
      "protein": 34,
      "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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  {
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
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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
    },
    "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",
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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_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 450,
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    "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."
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
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    "protein": 38,
    "carbs": 34,
    "fat": 14
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  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
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    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
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      "carbs": 4,
      "fat": 18
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
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    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 405,
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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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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 270,
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      "protein": 25,
      "carbs": 18,
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      "fat": 8
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      "avocado",
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"calories": 324,
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  "carbs": 22,
  "fat": 9
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"ingredients": [
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  "chia seeds"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
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  "meal_type": "Lunch",
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fitness."
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  "meal_type": "Dinner",
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    "fat": 16
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    "banana",
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fitness."
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    "carbs": 32,
    "fat": 14
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    "carbs": 34,
    "fat": 14
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    "fat": 18
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    "protein": 32,
    "carbs": 40,
    "fat": 9
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    "blueberries",
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  "calories": 270,
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    "carbs": 18,
    "fat": 8
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    "protein": 41,
    "carbs": 32,
    "fat": 14
  }
}
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    },
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      "green beans",
      "olive oil"
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
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      "protein": 34,
      "carbs": 9,
      "fat": 23
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      "avocado",
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    "ingredients": [
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      "mixed berries",
      "chia seeds"
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      "protein": 40,
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      "broccoli",
      "olive oil"
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      "carbs": 16,
      "fat": 16
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      "whey protein",
      "almond butter",
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      "almond milk"
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      "sweet potato",
      "asparagus",
      "olive oil"
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      "macros": {
        "protein": 38,
        "carbs": 34,
        "fat": 14
      },
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        "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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      "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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      "meal_type": "Lunch",
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        "carbs": 40,
        "fat": 9
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        "whey protein",
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
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    "macros": {
        "protein": 25,
        "carbs": 18,
        "fat": 8
    },
    "ingredients": [
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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",
    "calories": 468,
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        "protein": 41,
        "carbs": 32,
        "fat": 14
    },
    "ingredients": [
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        "brown rice",
        "green beans",
        "olive oil"
    ],
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    "calories": 387,
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        "carbs": 9,

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    "fat": 23
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    "olive oil"
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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": [
    "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",
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    "protein": 40,
    "carbs": 36,
    "fat": 11
  },
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    "broccoli",
    "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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  "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",
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    "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."
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
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    "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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"meal_name": "Tuna Salad with Olive Oil and Egg",

"meal_type": "Snack",

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"macros": {

"protein": 36,

"carbs": 4,

"fat": 18

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"ingredients": [

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"egg",

"olive oil",

"lettuce"

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

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{

"meal_id": "MF078",

"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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"ingredients": [

"oats",

"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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"ingredients": [
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  "pineapple"
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    "protein": 41,
    "carbs": 32,
    "fat": 14
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  "ingredients": [
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    "brown rice",
    "green beans",
    "olive oil"
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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": [
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    "spinach",
    "avocado",
    "olive oil"
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fitness."
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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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  "macros": {
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    "protein": 27,
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    "chia seeds"
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
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    "protein": 40,
    "carbs": 36,
    "fat": 11
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  "ingredients": [
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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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    "carbs": 16,
    "fat": 16
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  "ingredients": [
    "whey protein",
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    "almond milk"
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{
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"meal_type": "Shake",
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  "olive oil"
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
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    "protein": 38,
    "carbs": 34,
    "fat": 14
  },
  "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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  "meal_name": "Tuna Salad with Olive Oil and Egg",
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    "protein": 36,
    "carbs": 4,
    "fat": 18
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
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fitness."
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      "fat": 9
    },
    "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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    "meal_name": "Cottage Cheese with Pineapple",
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      "carbs": 18,
      "fat": 8
    },
    "ingredients": [
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      "pineapple"
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    ],
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fitness."
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      "carbs": 32,
      "fat": 14
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        "protein": 34,
        "carbs": 9,
        "fat": 23
    },
    "ingredients": [
        "eggs",
        "spinach",
        "avocado",
        "olive oil"
    ],
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        "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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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
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    "goal": "Lean Muscle Gain + Maintenance",
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    "carbs": 36,
    "fat": 11
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    "chicken breast",
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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",
  "goal": "Lean Muscle Gain + Maintenance",
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  "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,
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    "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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  "carbs": 34,
  "fat": 14
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  "tomato sauce",
  "onions"
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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    "protein": 36,
    "carbs": 4,
    "fat": 18
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    "olive oil",
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  "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": [
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    "whey protein",
    "blueberries",
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    "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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    "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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{
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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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  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
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  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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{
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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
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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",
  "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"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
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  "meal_type": "Dinner",
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    "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_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 450,
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      "protein": 38,
      "carbs": 32,
      "fat": 14
    },
    "ingredients": [
      "salmon",
      "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": 423,
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      "carbs": 34,
      "fat": 14
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    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
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  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 4,
    "fat": 18
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
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  "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
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 270,
  "macros": {
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    "carbs": 18,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ]
}
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    ],
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fitness."
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    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
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      "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_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 387,
    "macros": {
      "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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  {
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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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    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
    },
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        "chicken breast",
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        "broccoli",
        "olive oil"
    ],
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},
{
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    "meal_type": "Dinner",
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    "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": "MF115",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",

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"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": "MF116",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
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    "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": "MF117",
  "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",
      "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_name": "Cottage Cheese with Pineapple",
      "meal_type": "Dinner",
      "goal": "Lean Muscle Gain + Maintenance",
      "calories": 270,
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      },
      "ingredients": [
        "cottage cheese",
        "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",
      "goal": "Lean Muscle Gain + Maintenance",
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        "fat": 14
      },
      "ingredients": [
        "steak",
        "brown rice",
        "green beans",
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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_id": "MF121",
  "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."
},
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  "meal_id": "MF122",
  "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": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "meal_id": "MF123",
  "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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    "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
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },
  {
    "meal_id": "MF126",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
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"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": "MF127",
  "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",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 40,
    "fat": 9
  },
  "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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},
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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"
  ],
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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
  },
  "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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},
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  "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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        "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",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
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        "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": "MF134",
    "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
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  "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,
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    "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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"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",

"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": "MF141",

"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": "MF142",

"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_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
},
"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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{
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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": "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",
    "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": "MF152",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
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      "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",
    "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."
},
{
  "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
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"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."
    },
    {
      "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."
  },
  {
    "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,
      "fat": 14
    },
    "ingredients": [
      "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",

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"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": "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",
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    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "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,
  "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": "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,
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        "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",
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    "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": {
    "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": "MF189",
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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"
  ],
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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},
{
  "meal_id": "MF193",
  "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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