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    "fat": 12
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    "carbs": 18,
    "fat": 18
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    "banana",
    "almond milk"
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  "avocado",
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    "fat": 10
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    "chia seeds"
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    "tomato sauce",
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    "green beans",
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    "avocado",
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    "carbs": 25,
    "fat": 10
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  "ingredients": [
    "Greek yogurt",
    "mixed berries",
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"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 40,
    "fat": 12
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    "broccoli",
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  "meal_type": "Dinner",
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  "calories": 400,
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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  "ingredients": [
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    "banana",
    "almond milk"
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  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 35,
    "fat": 16
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  "ingredients": [
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    "sweet potato",
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    "asparagus",
    "olive oil"
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
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    "protein": 42,
    "carbs": 38,
    "fat": 15
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  "ingredients": [
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    "kidney beans",
    "tomato sauce",
    "onions"
  ],
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  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
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    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
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    "olive oil",
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
}
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  "calories": 300,
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    "carbs": 20,
    "fat": 9
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "goal": "Fat Loss + Muscle Gain",
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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    "olive oil"
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  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  }
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      "protein": 30,
      "carbs": 25,
      "fat": 10
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      "mixed berries",
      "chia seeds"
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      "protein": 45,
      "carbs": 40,
      "fat": 12
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      "quinoa",
      "broccoli",
      "olive oil"
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    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
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    "banana",
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
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  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 35,
    "fat": 16
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    "sweet potato",
    "asparagus",
    "olive oil"
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  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
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    "kidney beans",
    "tomato sauce",
    "onions"
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
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"calories": 420,
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  "protein": 40,
  "carbs": 5,
  "fat": 20
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"ingredients": [
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  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
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    "protein": 35,
    "carbs": 45,
    "fat": 10
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
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{
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  "meal_name": "Cottage Cheese with Pineapple",
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  "goal": "Fat Loss + Muscle Gain",
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    "fat": 9
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    "pineapple"
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  "meal_id": "M070",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
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"goal": "Fat Loss + Muscle Gain",
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  "carbs": 36,
  "fat": 15
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  "green beans",
  "olive oil"
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"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
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    "protein": 38,
    "carbs": 10,
    "fat": 26
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    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
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  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
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    "protein": 30,
    "carbs": 25,
    "fat": 10
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    "mixed berries",
    "chia seeds"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
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  "olive oil"
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"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 18,
    "fat": 18
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    "banana",
    "almond milk"
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
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    "carbs": 35,
    "fat": 16
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    "sweet potato",
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
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    "carbs": 38,
    "fat": 15
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    "kidney beans",
    "tomato sauce",
    "onions"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
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    "protein": 40,
    "carbs": 5,
    "fat": 20
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  "ingredients": [
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    "olive oil",
    "lettuce"
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{
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 45,
    "fat": 10
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    "blueberries",
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    "almond milk"
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    "fat": 9
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    "pineapple"
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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    "carbs": 36,
    "fat": 15
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    "green beans",
    "olive oil"
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{
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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    "protein": 38,
    "carbs": 10,
    "fat": 26
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    "spinach",
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  "meal_id": "M082",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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  "goal": "Fat Loss + Muscle Gain",
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    "protein": 30,
    "carbs": 25,
    "fat": 10
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  "ingredients": [
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    "mixed berries",
    "chia seeds"
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    "protein": 45,
    "carbs": 40,
    "fat": 12
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    "broccoli",
    "olive oil"
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  "meal_name": "Almond-Butter Protein Shake",
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    "protein": 38,
    "carbs": 18,
    "fat": 18
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    "protein": 42,
    "carbs": 35,
    "fat": 16
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  "ingredients": [
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    "olive oil"
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  "meal_type": "Breakfast",
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    "carbs": 38,
    "fat": 15
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    "kidney beans",
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    "onions"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
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  "meal_type": "Snack",
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    "olive oil",
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
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    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
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    "blueberries",
    "almond milk"
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{
  "meal_id": "M089",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
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  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
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    "pineapple"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
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    "carbs": 36,
    "fat": 15
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  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
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  "macros": {
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    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
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},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
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  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,

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  "olive oil"
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"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
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    "carbs": 18,
    "fat": 18
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    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
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    "carbs": 35,
    "fat": 16
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  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
  "meal_id": "M096",
  "meal_name": "Turkey Chili with Kidney Beans",
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"goal": "Fat Loss + Muscle Gain",
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"macros": {
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  "carbs": 38,
  "fat": 15
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  "ground turkey",
  "kidney beans",
  "tomato sauce",
  "onions"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M097",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M098",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
}
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{
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
  "meal_id": "M100",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
  "meal_id": "M101",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
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    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
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    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
}
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  "meal_id": "M102",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M103",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M104",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ]
}
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],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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{
  "meal_id": "M105",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
},
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M106",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
},
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
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    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M108",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M109",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M110",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M111",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M112",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M113",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  }
}

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    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M114",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M115",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 500,
    "macros": {
      "protein": 42,
      "carbs": 35,
      "fat": 16
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M116",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 470,
    "macros": {

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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M117",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M118",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M119",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",

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"goal": "Fat Loss + Muscle Gain",
"calories": 300,
"macros": {
  "protein": 28,
  "carbs": 20,
  "fat": 9
},
"ingredients": [
  "cottage cheese",
  "pineapple"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M120",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M121",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M122",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 30,
      "carbs": 25,
      "fat": 10
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M123",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 480,
    "macros": {
      "protein": 45,
      "carbs": 40,
      "fat": 12
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M124",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {

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"meal_id": "M125",
"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Fat Loss + Muscle Gain",
"calories": 500,
"macros": {
  "protein": 42,
  "carbs": 35,
  "fat": 16
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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M126",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M127",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
}
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"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M128",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M129",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M130",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ]
}
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    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M131",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 430,
    "macros": {
      "protein": 38,
      "carbs": 10,
      "fat": 26
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  {
    "meal_id": "M132",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 30,
      "carbs": 25,
      "fat": 10
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M133",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 480,
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      "protein": 45,
      "carbs": 40,
      "fat": 12
    },
    "ingredients": [
      "chicken breast",
      "quinoa",

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    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M134",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M135",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M136",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },

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"ingredients": [
  "ground turkey",
  "kidney beans",
  "tomato sauce",
  "onions"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M137",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M138",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_id": "M139",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
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    "carbs": 20,
    "fat": 9
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  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M140",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M141",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M142",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {

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    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M143",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M144",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M145",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",

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"calories": 500,
"macros": {
  "protein": 42,
  "carbs": 35,
  "fat": 16
},
"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M146",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M147",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M148",
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"meal_name": "Oatmeal with Whey Protein and Blueberries",
"meal_type": "Lunch",
"goal": "Fat Loss + Muscle Gain",
"calories": 450,
"macros": {
  "protein": 35,
  "carbs": 45,
  "fat": 10
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"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M149",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M150",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
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"meal_id": "M151",
"meal_name": "Scrambled Eggs with Spinach & Avocado",
"meal_type": "Breakfast",
"goal": "Fat Loss + Muscle Gain",
"calories": 430,
"macros": {
  "protein": 38,
  "carbs": 10,
  "fat": 26
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"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M152",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M153",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
}
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},
{
  "meal_id": "M154",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M155",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M156",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
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    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M157",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M158",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M159",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [

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    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M160",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M162",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
}
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"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M163",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
  "macros": {
    "protein": 45,
    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M164",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M165",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
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    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M166",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M167",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M168",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
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"macros": {
  "protein": 35,
  "carbs": 45,
  "fat": 10
},
"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M169",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M170",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M171",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
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    "calories": 430,
    "macros": {
      "protein": 38,
      "carbs": 10,
      "fat": 26
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M172",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 30,
      "carbs": 25,
      "fat": 10
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M173",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 480,
    "macros": {
      "protein": 45,
      "carbs": 40,
      "fat": 12
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M174",
    "meal_name": "Almond-Butter Protein Shake",

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"meal_type": "Dinner",
"goal": "Fat Loss + Muscle Gain",
"calories": 400,
"macros": {
  "protein": 38,
  "carbs": 18,
  "fat": 18
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M175",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M176",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
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{
  "meal_id": "M177",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M178",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M179",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
}
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},
{
  "meal_id": "M180",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M181",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M182",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ]
}

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    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M183",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 480,
    "macros": {
      "protein": 45,
      "carbs": 40,
      "fat": 12
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M184",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Balanced meal to promote lean mass while maintaining calorie control."
  },
  {
    "meal_id": "M185",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 500,
    "macros": {
      "protein": 42,
      "carbs": 35,
      "fat": 16
    },
    "ingredients": [
      "salmon",

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    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M186",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M187",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M188",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  }
}

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```
},
"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M189",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M190",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M191",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
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    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M192",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 30,
    "carbs": 25,
    "fat": 10
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M193",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 480,
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    "carbs": 40,
    "fat": 12
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {

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"protein": 38,
"carbs": 18,
"fat": 18
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 500,
  "macros": {
    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M196",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M197",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
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"goal": "Fat Loss + Muscle Gain",
"calories": 420,
"macros": {
  "protein": 40,
  "carbs": 5,
  "fat": 20
},
"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M198",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M199",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
{
  "meal_id": "M200",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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"meal_type": "Shake",
"goal": "Fat Loss + Muscle Gain",
"calories": 520,
"macros": {
  "protein": 46,
  "carbs": 36,
  "fat": 15
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  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Balanced meal to promote lean mass while maintaining calorie control."
},
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  {
    "meal_id": "F001",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F002",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  }
]
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},
{
  "meal_id": "F003",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F004",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F005",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",

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    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F006",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  "meal_id": "F007",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F008",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [

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    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F009",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F010",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F011",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },

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    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F012",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F013",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F014",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
    "macros": {
      "protein": 30,
      "carbs": 14,

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    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F015",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F016",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F017",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,

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"macros": {
  "protein": 32,
  "carbs": 4,
  "fat": 16
},
"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F018",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F019",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F020",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
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    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F021",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F022",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F023",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",

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"meal_type": "Lunch",
"goal": "Fat Loss + Muscle Gain",
"calories": 384,
"macros": {
  "protein": 36,
  "carbs": 32,
  "fat": 10
},
"ingredients": [
  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F024",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F025",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
}
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{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F027",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F028",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ]
}
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],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F029",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F030",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F031",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
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```

    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F032",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F033",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F034",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
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  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",

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    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F035",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F036",
  "meal_name": "Turkey Chili with Kidney Beans",
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  "calories": 376,
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    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F037",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  }
}

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    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F038",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 28,
      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F039",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F040",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
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      "protein": 37,
      "carbs": 29,

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    "fat": 12
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  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
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  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F041",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
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  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F043",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
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  "macros": {

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    "protein": 36,
    "carbs": 32,
    "fat": 10
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  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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{
  "meal_id": "F044",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
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  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
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{
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F046",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",

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    "goal": "Fat Loss + Muscle Gain",
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    "macros": {
      "protein": 34,
      "carbs": 30,
      "fat": 12
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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",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F048",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
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      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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    "meal_id": "F049",
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    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
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    "ingredients": [
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      "pineapple"
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    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F051",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F053",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F054",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],

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"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F055",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F056",
  "meal_name": "Turkey Chili with Kidney Beans",
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    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F057",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
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    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F058",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F059",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
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  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F060",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
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    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F061",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F062",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F063",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },

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"ingredients": [
  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F064",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F065",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F066",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
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    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F067",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F068",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F069",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",

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    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F070",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F072",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",

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    "goal": "Fat Loss + Muscle Gain",
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    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F074",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
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      "protein": 30,
      "carbs": 14,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F075",

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"meal_type": "Shake",
"goal": "Fat Loss + Muscle Gain",
"calories": 400,
"macros": {
  "protein": 34,
  "carbs": 28,
  "fat": 13
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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F076",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F077",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
}
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},
{
  "meal_id": "F078",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F079",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F080",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
}
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"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F082",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
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  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F083",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",

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    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F084",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F085",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F086",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [

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```
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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{
  "meal_id": "F087",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F088",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
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    "fat": 7
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  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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{
  "meal_id": "F090",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F091",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F092",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
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    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F093",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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{
  "meal_id": "F094",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F095",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,

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    "macros": {
      "protein": 34,
      "carbs": 28,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F096",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 376,
    "macros": {
      "protein": 34,
      "carbs": 30,
      "fat": 12
    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F097",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F098",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",

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    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 28,
      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F099",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F100",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F101",

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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  {
    "meal_id": "F102",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F103",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },

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{
  "meal_id": "F104",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F105",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F106",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
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],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F107",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F108",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F109",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
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    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F110",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F111",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F112",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [

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    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F113",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F114",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F115",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  }
}

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    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F116",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 376,
    "macros": {
      "protein": 34,
      "carbs": 30,
      "fat": 12
    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F117",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F118",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {

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"protein": 28,
"carbs": 36,
"fat": 8
},
"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F119",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F120",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F121",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
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    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F122",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F123",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F124",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",

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    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
    "macros": {
      "protein": 30,
      "carbs": 14,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F125",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 34,
      "carbs": 28,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F126",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 376,
    "macros": {
      "protein": 34,
      "carbs": 30,
      "fat": 12
    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {

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    "meal_id": "F127",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F128",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 28,
      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F129",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },

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{
  "meal_id": "F130",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F131",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F132",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
}

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"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F133",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F134",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F135",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
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    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F136",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F137",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F138",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },

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    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F139",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F140",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F141",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    }
  }

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    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F142",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F143",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F144",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
    "macros": {
      "protein": 30,

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    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F145",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F146",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F147",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
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    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F148",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 28,
      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F149",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
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    "ingredients": [
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      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F150",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",

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    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F151",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 344,
    "macros": {
      "protein": 30,
      "carbs": 8,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F152",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 288,
    "macros": {
      "protein": 24,
      "carbs": 20,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F153",

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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 384,
    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F154",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
    "macros": {
      "protein": 30,
      "carbs": 14,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F155",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 34,
      "carbs": 28,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  }

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},
{
  "meal_id": "F156",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F157",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F158",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",

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    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F159",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F160",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",

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    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F162",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F163",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F164",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [

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    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F165",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
  "macros": {
    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F166",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F167",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,

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    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F168",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F169",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F170",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
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    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F171",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F172",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F173",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,

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    "macros": {
      "protein": 36,
      "carbs": 32,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F174",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
    "macros": {
      "protein": 30,
      "carbs": 14,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F175",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
    "macros": {
      "protein": 34,
      "carbs": 28,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F176",
    "meal_name": "Turkey Chili with Kidney Beans",

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```

    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 376,
    "macros": {
      "protein": 34,
      "carbs": 30,
      "fat": 12
    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F177",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 336,
    "macros": {
      "protein": 32,
      "carbs": 4,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F178",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 360,
    "macros": {
      "protein": 28,
      "carbs": 36,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },

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{
  "meal_id": "F179",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F180",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F181",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 288,
  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F183",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F184",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 320,
  "macros": {
    "protein": 30,
    "carbs": 14,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ]
}
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],
"notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F185",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 400,
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    "protein": 34,
    "carbs": 28,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F186",
  "meal_name": "Turkey Chili with Kidney Beans",
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  "calories": 376,
  "macros": {
    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F187",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
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  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
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    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F188",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F189",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
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  "calories": 240,
  "macros": {
    "protein": 22,
    "carbs": 16,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
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  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F190",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 416,
  "macros": {
    "protein": 37,
    "carbs": 29,
    "fat": 12
  },
  "ingredients": [

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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F191",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 344,
  "macros": {
    "protein": 30,
    "carbs": 8,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F192",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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  "macros": {
    "protein": 24,
    "carbs": 20,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F193",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
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  "calories": 384,
  "macros": {
    "protein": 36,
    "carbs": 32,
    "fat": 10
  }
}

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    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F194",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 320,
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      "carbs": 14,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
    "meal_id": "F195",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 400,
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      "carbs": 28,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  },
  {
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    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 376,
    "macros": {

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    "protein": 34,
    "carbs": 30,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F197",
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  "meal_type": "Snack",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 336,
  "macros": {
    "protein": 32,
    "carbs": 4,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F198",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Fat Loss + Muscle Gain",
  "calories": 360,
  "macros": {
    "protein": 28,
    "carbs": 36,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
},
{
  "meal_id": "F199",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",

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    "goal": "Fat Loss + Muscle Gain",
    "calories": 240,
    "macros": {
      "protein": 22,
      "carbs": 16,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Fat Loss + Muscle Gain",
    "calories": 416,
    "macros": {
      "protein": 37,
      "carbs": 29,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Scaled version optimized for female endomorphs with lower daily caloric needs."
  }
]
}

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      "meal_id": "EM001",
      "meal_name": "Scrambled Eggs with Spinach & Avocado",
      "meal_type": "Breakfast",
      "goal": "Muscle Gain + Energy Support",
      "calories": 473,
      "macros": {
        "protein": 38,
        "carbs": 13,
        "fat": 22
      },
      "ingredients": [
        "eggs",
        "spinach",
        "avocado",

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    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM002",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM003",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM004",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  }
}
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    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM005",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 550,
    "macros": {
      "protein": 42,
      "carbs": 46,
      "fat": 14
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM006",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 517,
    "macros": {
      "protein": 42,
      "carbs": 49,
      "fat": 13
    },
    "ingredients": [
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      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM007",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
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"goal": "Muscle Gain + Energy Support",
"calories": 462,
"macros": {
  "protein": 40,
  "carbs": 6,
  "fat": 17
},
"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM008",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
}
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{
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
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  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
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    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_id": "EM013",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
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    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,

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    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM016",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
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    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM017",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM018",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",

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"meal_type": "Lunch",
"goal": "Muscle Gain + Energy Support",
"calories": 495,
"macros": {
  "protein": 35,
  "carbs": 58,
  "fat": 8
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"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM019",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM020",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
}
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},
{
  "meal_id": "EM021",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
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        "broccoli",
        "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
    "meal_id": "EM024",
    "meal_name": "Almond-Butter Protein Shake",
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    "macros": {
        "protein": 38,
        "carbs": 23,
        "fat": 15
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
    "meal_id": "EM025",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
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    "calories": 550,
    "macros": {
        "protein": 42,
        "carbs": 46,
        "fat": 14
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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        "protein": 42,

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    "fat": 13
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  "ingredients": [
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    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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  "meal_type": "Snack",
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  "calories": 462,
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    "carbs": 6,
    "fat": 17
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
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  "calories": 495,
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    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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"goal": "Muscle Gain + Energy Support",
"calories": 330,
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  "protein": 28,
  "carbs": 26,
  "fat": 8
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  "pineapple"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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  "goal": "Muscle Gain + Energy Support",
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    "carbs": 47,
    "fat": 13
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    "brown rice",
    "green beans",
    "olive oil"
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  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
}
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"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM032",

"meal_name": "Greek Yogurt with Berries and Chia Seeds",

"meal_type": "Snack",

"goal": "Muscle Gain + Energy Support",

"calories": 396,

"macros": {

"protein": 30,

"carbs": 32,

"fat": 8

},

"ingredients": [

"Greek yogurt",

"mixed berries",

"chia seeds"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

},

{

"meal_id": "EM033",

"meal_name": "Grilled Chicken with Quinoa and Broccoli",

"meal_type": "Lunch",

"goal": "Muscle Gain + Energy Support",

"calories": 528,

"macros": {

"protein": 45,

"carbs": 52,

"fat": 10

},

"ingredients": [

"chicken breast",

"quinoa",

"broccoli",

"olive oil"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM034",

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

"meal_type": "Dinner",

"goal": "Muscle Gain + Energy Support",

"calories": 440,

"macros": {

"protein": 38,

"carbs": 23,

"fat": 15

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"ingredients": [

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    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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{
  "meal_id": "EM035",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
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    "carbs": 49,
    "fat": 13
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  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
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"macros": {
  "protein": 40,
  "carbs": 6,
  "fat": 17
},
"ingredients": [
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  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
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    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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"meal_type": "Shake",
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"calories": 572,
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  "protein": 46,
  "carbs": 47,
  "fat": 13
},
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  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
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    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
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    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
}
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"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM043",

"meal_name": "Grilled Chicken with Quinoa and Broccoli",

"meal_type": "Lunch",

"goal": "Muscle Gain + Energy Support",

"calories": 528,

"macros": {

"protein": 45,

"carbs": 52,

"fat": 10

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"ingredients": [

"chicken breast",

"quinoa",

"broccoli",

"olive oil"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

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

"meal_type": "Dinner",

"goal": "Muscle Gain + Energy Support",

"calories": 440,

"macros": {

"protein": 38,

"carbs": 23,

"fat": 15

},

"ingredients": [

"whey protein",

"almond butter",

"banana",

"almond milk"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

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"meal_name": "Baked Salmon with Sweet Potato and Asparagus",

"meal_type": "Shake",

"goal": "Muscle Gain + Energy Support",

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"protein": 42,

"carbs": 46,

"fat": 14

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],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
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  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
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    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
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    "carbs": 6,
    "fat": 17
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    "egg",
    "olive oil",
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balanced protein."
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  "carbs": 58,
  "fat": 8
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  "whey protein",
  "blueberries",
  "almond milk"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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    "carbs": 26,
    "fat": 8
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    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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    "carbs": 47,
    "fat": 13
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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "carbs": 13,
  "fat": 22
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  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
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  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ]
}
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],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
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    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
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    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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{
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
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    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
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balanced protein."
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{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
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    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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    "meal_type": "Snack",
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      "protein": 40,
      "carbs": 6,
      "fat": 17
    },
    "ingredients": [
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      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
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    "macros": {
      "protein": 35,
      "carbs": 58,
      "fat": 8
    },
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      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",

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  "protein": 28,
  "carbs": 26,
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  "pineapple"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
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  "ingredients": [
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    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
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    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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{
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
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    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
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    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
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    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
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    "protein": 40,
    "carbs": 6,
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    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
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  "calories": 330,
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    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM070",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
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"calories": 572,
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  "protein": 46,
  "carbs": 47,
  "fat": 13
},
"ingredients": [
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  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
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  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
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  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
}
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{
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  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
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  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM075",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
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    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
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    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
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    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
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    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM079",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM080",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM081",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
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"goal": "Muscle Gain + Energy Support",
"calories": 473,
"macros": {
  "protein": 38,
  "carbs": 13,
  "fat": 22
},
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM082",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM083",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
}
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},
{
  "meal_id": "EM084",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
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    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
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    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM087",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM088",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
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{
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
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    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM090",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM091",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM092",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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"meal_type": "Snack",
"goal": "Muscle Gain + Energy Support",
"calories": 396,
"macros": {
  "protein": 30,
  "carbs": 32,
  "fat": 8
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"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM093",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM094",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
}
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"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM095",

"meal_name": "Baked Salmon with Sweet Potato and Asparagus",

"meal_type": "Shake",

"goal": "Muscle Gain + Energy Support",

"calories": 550,

"macros": {

"protein": 42,

"carbs": 46,

"fat": 14

},

"ingredients": [

"salmon",

"sweet potato",

"asparagus",

"olive oil"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM096",

"meal_name": "Turkey Chili with Kidney Beans",

"meal_type": "Breakfast",

"goal": "Muscle Gain + Energy Support",

"calories": 517,

"macros": {

"protein": 42,

"carbs": 49,

"fat": 13

},

"ingredients": [

"ground turkey",

"kidney beans",

"tomato sauce",

"onions"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

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{

"meal_id": "EM097",

"meal_name": "Tuna Salad with Olive Oil and Egg",

"meal_type": "Snack",

"goal": "Muscle Gain + Energy Support",

"calories": 462,

"macros": {

"protein": 40,

"carbs": 6,

"fat": 17

},

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"ingredients": [
  "tuna",
  "egg",
  "olive oil",
  "lettuce"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM098",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM099",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM100",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
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    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM101",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM102",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM103",
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"meal_name": "Grilled Chicken with Quinoa and Broccoli",
"meal_type": "Lunch",
"goal": "Muscle Gain + Energy Support",
"calories": 528,
"macros": {
  "protein": 45,
  "carbs": 52,
  "fat": 10
},
"ingredients": [
  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM104",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM105",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
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],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM106",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM107",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM108",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  }
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    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM109",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 330,
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      "carbs": 26,
      "fat": 8
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM110",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 572,
    "macros": {
      "protein": 46,
      "carbs": 47,
      "fat": 13
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    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM111",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 473,

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    "macros": {
      "protein": 38,
      "carbs": 13,
      "fat": 22
    },
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      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM112",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 396,
    "macros": {
      "protein": 30,
      "carbs": 32,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM113",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 528,
    "macros": {
      "protein": 45,
      "carbs": 52,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {

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"meal_id": "EM114",
"meal_name": "Almond-Butter Protein Shake",
"meal_type": "Dinner",
"goal": "Muscle Gain + Energy Support",
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  "carbs": 23,
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"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM115",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM116",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
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    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
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    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM117",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM118",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM119",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
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    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM120",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM121",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM122",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
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    "calories": 396,
    "macros": {
      "protein": 30,
      "carbs": 32,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM123",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 528,
    "macros": {
      "protein": 45,
      "carbs": 52,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM124",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 440,
    "macros": {
      "protein": 38,
      "carbs": 23,
      "fat": 15
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },

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{
  "meal_id": "EM125",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM126",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM127",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
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    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM128",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM129",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM130",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  }
}
```

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    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM131",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 473,
    "macros": {
      "protein": 38,
      "carbs": 13,
      "fat": 22
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM132",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 396,
    "macros": {
      "protein": 30,
      "carbs": 32,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM133",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
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"calories": 528,
"macros": {
  "protein": 45,
  "carbs": 52,
  "fat": 10
},
"ingredients": [
  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM134",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM135",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
}
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,
{
  "meal_id": "EM136",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM137",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM138",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
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    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM139",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM140",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM141",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
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    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM142",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM143",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM144",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",

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"goal": "Muscle Gain + Energy Support",
"calories": 440,
"macros": {
  "protein": 38,
  "carbs": 23,
  "fat": 15
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM145",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM146",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  ],
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"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

},

{

"meal_id": "EM147",
"meal_name": "Tuna Salad with Olive Oil and Egg",
"meal_type": "Snack",
"goal": "Muscle Gain + Energy Support",
"calories": 462,
"macros": {
 "protein": 40,
 "carbs": 6,
 "fat": 17

},

"ingredients": [
 "tuna",
 "egg",
 "olive oil",
 "lettuce"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

},

{

"meal_id": "EM148",
"meal_name": "Oatmeal with Whey Protein and Blueberries",
"meal_type": "Lunch",
"goal": "Muscle Gain + Energy Support",
"calories": 495,
"macros": {
 "protein": 35,
 "carbs": 58,
 "fat": 8

},

"ingredients": [
 "oats",
 "whey protein",
 "blueberries",
 "almond milk"

],

"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."

},

{

"meal_id": "EM149",
"meal_name": "Cottage Cheese with Pineapple",
"meal_type": "Dinner",
"goal": "Muscle Gain + Energy Support",
"calories": 330,
"macros": {
 "protein": 28,
 "carbs": 26,
 "fat": 8

},

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"ingredients": [
  "cottage cheese",
  "pineapple"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM150",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM151",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM152",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
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    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM153",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM154",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM155",
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"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Muscle Gain + Energy Support",
"calories": 550,
"macros": {
  "protein": 42,
  "carbs": 46,
  "fat": 14
},
"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM156",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM157",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
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],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM158",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM159",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM160",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM162",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM163",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {

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    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM164",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
  "macros": {
    "protein": 38,
    "carbs": 23,
    "fat": 15
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM165",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{

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"meal_id": "EM166",
"meal_name": "Turkey Chili with Kidney Beans",
"meal_type": "Breakfast",
"goal": "Muscle Gain + Energy Support",
"calories": 517,
"macros": {
  "protein": 42,
  "carbs": 49,
  "fat": 13
},
"ingredients": [
  "ground turkey",
  "kidney beans",
  "tomato sauce",
  "onions"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM167",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM168",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
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    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM169",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM170",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM171",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
}
```

```
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM172",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM173",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM174",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 440,
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"macros": {
  "protein": 38,
  "carbs": 23,
  "fat": 15
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM175",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 550,
  "macros": {
    "protein": 42,
    "carbs": 46,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM176",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
}
```

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{
  "meal_id": "EM177",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM178",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM179",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ]
}
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```

    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  },
  {
    "meal_id": "EM180",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 572,
    "macros": {
      "protein": 46,
      "carbs": 47,
      "fat": 13
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  },
  {
    "meal_id": "EM181",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 473,
    "macros": {
      "protein": 38,
      "carbs": 13,
      "fat": 22
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  },
  {
    "meal_id": "EM182",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 396,
    "macros": {
      "protein": 30,
      "carbs": 32,
      "fat": 8
    }
  }

```

```
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM183",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 528,
    "macros": {
      "protein": 45,
      "carbs": 52,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM184",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 440,
    "macros": {
      "protein": 38,
      "carbs": 23,
      "fat": 15
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM185",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
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"calories": 550,
"macros": {
  "protein": 42,
  "carbs": 46,
  "fat": 14
},
"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM186",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 517,
  "macros": {
    "protein": 42,
    "carbs": 49,
    "fat": 13
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM187",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
}
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},
{
  "meal_id": "EM188",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM189",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 330,
  "macros": {
    "protein": 28,
    "carbs": 26,
    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
},
{
  "meal_id": "EM190",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 572,
  "macros": {
    "protein": 46,
    "carbs": 47,
    "fat": 13
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
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    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM191",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 473,
  "macros": {
    "protein": 38,
    "carbs": 13,
    "fat": 22
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM192",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 396,
  "macros": {
    "protein": 30,
    "carbs": 32,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM193",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 528,
  "macros": {
    "protein": 45,
    "carbs": 52,
    "fat": 10
  }
}

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    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM194",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 440,
    "macros": {
      "protein": 38,
      "carbs": 23,
      "fat": 15
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM195",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 550,
    "macros": {
      "protein": 42,
      "carbs": 46,
      "fat": 14
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and balanced protein."
  },
  {
    "meal_id": "EM196",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
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"goal": "Muscle Gain + Energy Support",
"calories": 517,
"macros": {
  "protein": 42,
  "carbs": 49,
  "fat": 13
},
"ingredients": [
  "ground turkey",
  "kidney beans",
  "tomato sauce",
  "onions"
],
"notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM197",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 462,
  "macros": {
    "protein": 40,
    "carbs": 6,
    "fat": 17
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
},
{
  "meal_id": "EM198",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 495,
  "macros": {
    "protein": 35,
    "carbs": 58,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
}
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    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  },
  {
    "meal_id": "EM199",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 330,
    "macros": {
      "protein": 28,
      "carbs": 26,
      "fat": 8
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  },
  {
    "meal_id": "EM200",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 572,
    "macros": {
      "protein": 46,
      "carbs": 47,
      "fat": 13
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Designed for ectomorphs to promote muscle growth with higher carb intake and
balanced protein."
  }
],
"female": [
  {
    "meal_id": "EF001",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 387,
    "macros": {
      "protein": 34,
      "carbs": 12,
      "fat": 21
    },
  },

```

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"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF002",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF003",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF004",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
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"macros": {
  "protein": 34,
  "carbs": 22,
  "fat": 14
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF005",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF006",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
}
```

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{
  "meal_id": "EF007",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF008",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 54,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF009",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 24,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ]
}
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```

    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF010",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 468,
    "macros": {
      "protein": 41,
      "carbs": 43,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    ],
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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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    "fat": 16
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    "carbs": 54,
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    "carbs": 24,
    "fat": 7
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    "carbs": 12,
    "fat": 21
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    "spinach",
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    "protein": 27,
    "carbs": 30,
    "fat": 8
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    "chia seeds"
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    "fat": 10
  }
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      "fat": 14
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      "almond butter",
      "banana",
      "almond milk"
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      "fat": 13
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      "asparagus",
      "olive oil"
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      "fat": 12
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      "kidney beans",
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      "carbs": 6,
      "fat": 16
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      "egg",
      "olive oil",
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      "carbs": 54,
      "fat": 8
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      "whey protein",
      "blueberries",
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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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    "fat": 7
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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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    "fat": 12
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    "brown rice",
    "green beans",
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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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    "fat": 21
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        "carbs": 30,
        "fat": 8
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        "chia seeds"
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        "fat": 10
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        "broccoli",
        "olive oil"
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    "protein": 38,
    "carbs": 42,
    "fat": 13
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    "asparagus",
    "olive oil"
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    "protein": 38,
    "carbs": 46,
    "fat": 12
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    "ground turkey",
    "kidney beans",
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    "onions"
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  "protein": 36,
  "carbs": 6,
  "fat": 16
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  "egg",
  "olive oil",
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    "carbs": 54,
    "fat": 8
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    "fat": 7
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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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"fat": 12

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"ingredients": [

"steak",

"brown rice",

"green beans",

"olive oil"

],

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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"meal_type": "Breakfast",

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"protein": 34,

"carbs": 12,

"fat": 21

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"ingredients": [

"eggs",

"spinach",

"avocado",

"olive oil"

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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

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"meal_type": "Snack",

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"carbs": 30,

"fat": 8

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    "fat": 10
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    "carbs": 22,
    "fat": 14
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    "carbs": 46,
    "fat": 12
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    "kidney beans",
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    "carbs": 6,
    "fat": 16
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    "carbs": 54,
    "fat": 8
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    "carbs": 24,
    "fat": 7
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    "carbs": 43,
    "fat": 12
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    "steak",
    "brown rice",
    "green beans",
    "olive oil"
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      "avocado",
      "olive oil"
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      "mixed berries",
      "chia seeds"
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      "fat": 10
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      "almond butter",
      "banana",
      "almond milk"
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      "carbs": 42,
      "fat": 13
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      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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    "meal_name": "Turkey Chili with Kidney Beans",
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    "fat": 16
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    "fat": 8
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    "carbs": 46,
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 324,
    "macros": {
      "protein": 27,
      "carbs": 30,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
  },

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"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF103",

"meal_name": "Grilled Chicken with Quinoa and Broccoli",

"meal_type": "Lunch",

"goal": "Muscle Gain + Energy Support",

"calories": 432,

"macros": {

"protein": 40,

"carbs": 48,

"fat": 10

},

"ingredients": [

"chicken breast",

"quinoa",

"broccoli",

"olive oil"

],

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF104",

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

"meal_type": "Dinner",

"goal": "Muscle Gain + Energy Support",

"calories": 360,

"macros": {

"protein": 34,

"carbs": 22,

"fat": 14

},

"ingredients": [

"whey protein",

"almond butter",

"banana",

"almond milk"

],

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF105",

"meal_name": "Baked Salmon with Sweet Potato and Asparagus",

"meal_type": "Shake",

"goal": "Muscle Gain + Energy Support",

"calories": 450,

"macros": {

"protein": 38,

"carbs": 42,

"fat": 13

},

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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF106",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF107",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF108",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
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    "calories": 405,
    "macros": {
      "protein": 32,
      "carbs": 54,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF109",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 270,
    "macros": {
      "protein": 25,
      "carbs": 24,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF110",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 468,
    "macros": {
      "protein": 41,
      "carbs": 43,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {

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"meal_id": "EF111",
"meal_name": "Scrambled Eggs with Spinach & Avocado",
"meal_type": "Breakfast",
"goal": "Muscle Gain + Energy Support",
"calories": 387,
"macros": {
  "protein": 34,
  "carbs": 12,
  "fat": 21
},
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF112",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF113",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
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],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF114",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
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    "protein": 34,
    "carbs": 22,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF115",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF116",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
}
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    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF117",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 378,
    "macros": {
      "protein": 36,
      "carbs": 6,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF118",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 405,
    "macros": {
      "protein": 32,
      "carbs": 54,
      "fat": 8
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF119",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",

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"goal": "Muscle Gain + Energy Support",
"calories": 270,
"macros": {
  "protein": 25,
  "carbs": 24,
  "fat": 7
},
"ingredients": [
  "cottage cheese",
  "pineapple"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF120",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 43,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF121",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 12,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
}
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{
  "meal_id": "EF122",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF123",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF124",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 22,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
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    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF125",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF126",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF127",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,

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    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF128",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 54,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF129",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 24,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF130",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",

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"calories": 468,
"macros": {
  "protein": 41,
  "carbs": 43,
  "fat": 12
},
"ingredients": [
  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF131",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 12,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF132",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
}
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{
  "meal_id": "EF133",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF134",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 22,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF135",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",

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    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF136",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF137",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF138",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 405,
  "macros": {
    "protein": 32,

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    "carbs": 54,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF139",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 24,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF140",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 43,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF141",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
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"goal": "Muscle Gain + Energy Support",
"calories": 387,
"macros": {
  "protein": 34,
  "carbs": 12,
  "fat": 21
},
"ingredients": [
  "eggs",
  "spinach",
  "avocado",
  "olive oil"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF142",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF143",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
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    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
}
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},
{
  "meal_id": "EF144",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
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    "protein": 34,
    "carbs": 22,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF145",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
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    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF146",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
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        "kidney beans",
        "tomato sauce",
        "onions"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
    "meal_id": "EF147",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 378,
    "macros": {
        "protein": 36,
        "carbs": 6,
        "fat": 16
    },
    "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
    "meal_id": "EF148",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 405,
    "macros": {
        "protein": 32,
        "carbs": 54,
        "fat": 8
    },
    "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
    "meal_id": "EF149",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 270,
    "macros": {

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    "protein": 25,
    "carbs": 24,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF150",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 43,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF151",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 12,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF152",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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"meal_type": "Snack",
"goal": "Muscle Gain + Energy Support",
"calories": 324,
"macros": {
  "protein": 27,
  "carbs": 30,
  "fat": 8
},
"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF153",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 432,
  "macros": {
    "protein": 40,
    "carbs": 48,
    "fat": 10
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF154",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 22,
    "fat": 14
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
}
```

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF155",

"meal_name": "Baked Salmon with Sweet Potato and Asparagus",

"meal_type": "Shake",

"goal": "Muscle Gain + Energy Support",

"calories": 450,

"macros": {

"protein": 38,

"carbs": 42,

"fat": 13

},

"ingredients": [

"salmon",

"sweet potato",

"asparagus",

"olive oil"

],

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF156",

"meal_name": "Turkey Chili with Kidney Beans",

"meal_type": "Breakfast",

"goal": "Muscle Gain + Energy Support",

"calories": 423,

"macros": {

"protein": 38,

"carbs": 46,

"fat": 12

},

"ingredients": [

"ground turkey",

"kidney beans",

"tomato sauce",

"onions"

],

"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."

},

{

"meal_id": "EF157",

"meal_name": "Tuna Salad with Olive Oil and Egg",

"meal_type": "Snack",

"goal": "Muscle Gain + Energy Support",

"calories": 378,

"macros": {

"protein": 36,

"carbs": 6,

"fat": 16

},

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      "ingredients": [
        "tuna",
        "egg",
        "olive oil",
        "lettuce"
      ],
      "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
    },
    {
      "meal_id": "EF158",
      "meal_name": "Oatmeal with Whey Protein and Blueberries",
      "meal_type": "Lunch",
      "goal": "Muscle Gain + Energy Support",
      "calories": 405,
      "macros": {
        "protein": 32,
        "carbs": 54,
        "fat": 8
      },
      "ingredients": [
        "oats",
        "whey protein",
        "blueberries",
        "almond milk"
      ],
      "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
    },
    {
      "meal_id": "EF159",
      "meal_name": "Cottage Cheese with Pineapple",
      "meal_type": "Dinner",
      "goal": "Muscle Gain + Energy Support",
      "calories": 270,
      "macros": {
        "protein": 25,
        "carbs": 24,
        "fat": 7
      },
      "ingredients": [
        "cottage cheese",
        "pineapple"
      ],
      "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
    },
    {
      "meal_id": "EF160",
      "meal_name": "Grilled Steak with Brown Rice and Green Beans",
      "meal_type": "Shake",
      "goal": "Muscle Gain + Energy Support",
      "calories": 468,
      "macros": {

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    "protein": 41,
    "carbs": 43,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF161",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 12,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF162",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 324,
  "macros": {
    "protein": 27,
    "carbs": 30,
    "fat": 8
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF163",

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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 432,
    "macros": {
      "protein": 40,
      "carbs": 48,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF164",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 360,
    "macros": {
      "protein": 34,
      "carbs": 22,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF165",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 450,
    "macros": {
      "protein": 38,
      "carbs": 42,
      "fat": 13
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ]
  }

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    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF166",
    "meal_name": "Turkey Chili with Kidney Beans",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 423,
    "macros": {
      "protein": 38,
      "carbs": 46,
      "fat": 12
    },
    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF167",
    "meal_name": "Tuna Salad with Olive Oil and Egg",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 378,
    "macros": {
      "protein": 36,
      "carbs": 6,
      "fat": 16
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF168",
    "meal_name": "Oatmeal with Whey Protein and Blueberries",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 405,
    "macros": {
      "protein": 32,
      "carbs": 54,
      "fat": 8
    }
  }

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    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF169",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 270,
    "macros": {
      "protein": 25,
      "carbs": 24,
      "fat": 7
    },
    "ingredients": [
      "cottage cheese",
      "pineapple"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF170",
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 468,
    "macros": {
      "protein": 41,
      "carbs": 43,
      "fat": 12
    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF171",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 387,

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    "macros": {
      "protein": 34,
      "carbs": 12,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF172",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 324,
    "macros": {
      "protein": 27,
      "carbs": 30,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF173",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 432,
    "macros": {
      "protein": 40,
      "carbs": 48,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {

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"meal_id": "EF174",
"meal_name": "Almond-Butter Protein Shake",
"meal_type": "Dinner",
"goal": "Muscle Gain + Energy Support",
"calories": 360,
"macros": {
  "protein": 34,
  "carbs": 22,
  "fat": 14
},
"ingredients": [
  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF175",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF176",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
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    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF177",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF178",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 54,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF179",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 24,

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    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF180",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 43,
    "fat": 12
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF181",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 12,
    "fat": 21
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF182",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
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    "calories": 324,
    "macros": {
      "protein": 27,
      "carbs": 30,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF183",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",
    "calories": 432,
    "macros": {
      "protein": 40,
      "carbs": 48,
      "fat": 10
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF184",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 360,
    "macros": {
      "protein": 34,
      "carbs": 22,
      "fat": 14
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },

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{
  "meal_id": "EF185",
  "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 450,
  "macros": {
    "protein": 38,
    "carbs": 42,
    "fat": 13
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF186",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Muscle Gain + Energy Support",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 46,
    "fat": 12
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF187",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
  },
  "ingredients": [
    "tuna",
    "egg",
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    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF188",
  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Muscle Gain + Energy Support",
  "calories": 405,
  "macros": {
    "protein": 32,
    "carbs": 54,
    "fat": 8
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF189",
  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Muscle Gain + Energy Support",
  "calories": 270,
  "macros": {
    "protein": 25,
    "carbs": 24,
    "fat": 7
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
},
{
  "meal_id": "EF190",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Muscle Gain + Energy Support",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 43,
    "fat": 12
  }
}
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    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF191",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Muscle Gain + Energy Support",
    "calories": 387,
    "macros": {
      "protein": 34,
      "carbs": 12,
      "fat": 21
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF192",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Muscle Gain + Energy Support",
    "calories": 324,
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      "protein": 27,
      "carbs": 30,
      "fat": 8
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
  },
  {
    "meal_id": "EF193",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Muscle Gain + Energy Support",

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"calories": 432,
"macros": {
  "protein": 40,
  "carbs": 48,
  "fat": 10
},
"ingredients": [
  "chicken breast",
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  "broccoli",
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],
"notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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  "meal_type": "Dinner",
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    "carbs": 22,
    "fat": 14
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    "banana",
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  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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  "meal_type": "Shake",
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    "carbs": 42,
    "fat": 13
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  "ingredients": [
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    "asparagus",
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  "meal_type": "Breakfast",
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  "calories": 423,
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    "carbs": 46,
    "fat": 12
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  "ingredients": [
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    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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  "meal_type": "Snack",
  "goal": "Muscle Gain + Energy Support",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 6,
    "fat": 16
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  "ingredients": [
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    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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    "carbs": 54,
    "fat": 8
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    "meal_type": "Dinner",
    "goal": "Muscle Gain + Energy Support",
    "calories": 270,
    "macros": {
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        "carbs": 24,
        "fat": 7
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    "ingredients": [
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        "pineapple"
    ],
    "notes": "Optimized for female ectomorphs needing extra carbs and steady protein for lean muscle gain."
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    "meal_type": "Shake",
    "goal": "Muscle Gain + Energy Support",
    "calories": 468,
    "macros": {
        "protein": 41,
        "carbs": 43,
        "fat": 12
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        "brown rice",
        "green beans",
        "olive oil"
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      "fat": 26
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    "meal_type": "Snack",
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      "chia seeds"
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "goal": "Lean Muscle Gain + Maintenance",
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      "carbs": 40,
      "fat": 12
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    "ingredients": [
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      "broccoli",
      "olive oil"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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    "carbs": 18,
    "fat": 18
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  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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  "calories": 500,
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    "protein": 42,
    "carbs": 35,
    "fat": 16
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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    "ingredients": [
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    "calories": 420,
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      "protein": 40,
      "carbs": 5,
      "fat": 20
    },
    "ingredients": [
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      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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      "protein": 35,
      "carbs": 45,
      "fat": 10
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    "ingredients": [
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      "blueberries",
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    ],
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      "carbs": 36,
      "fat": 15
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      "green beans",
      "olive oil"
    ],
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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
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    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
      "protein": 38,
      "carbs": 10,
      "fat": 26
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      "eggs",
      "spinach",
      "avocado",
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "carbs": 25,
  "fat": 10
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  "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,
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    "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_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
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    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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      "fat": 16
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    "ingredients": [
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      "sweet potato",
      "asparagus",
      "olive oil"
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      "fat": 15
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    "ingredients": [
      "ground turkey",
      "kidney beans",
      "tomato sauce",
      "onions"
    ],
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 420,
    "macros": {
      "protein": 40,
      "carbs": 5,
      "fat": 20
    }
  }

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    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 35,
      "carbs": 45,
      "fat": 10
    },
    "ingredients": [
      "oats",
      "whey protein",
      "blueberries",
      "almond milk"
    ],
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    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
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    },
    "ingredients": [
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      "pineapple"
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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 520,

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    "macros": {
      "protein": 46,
      "carbs": 36,
      "fat": 15
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    "ingredients": [
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      "green beans",
      "olive oil"
    ],
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    "macros": {
      "protein": 38,
      "carbs": 10,
      "fat": 26
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    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 30,
      "carbs": 25,
      "fat": 10
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
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"meal_type": "Lunch",
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  "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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    "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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    "protein": 42,
    "carbs": 35,
    "fat": 16
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  "ingredients": [
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    "sweet potato",
    "asparagus",
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    "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": "Turkey Chili with Kidney Beans",
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    "carbs": 38,
    "fat": 15
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    "kidney beans",
    "tomato sauce",
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
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    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
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    "olive oil",
    "lettuce"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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  "macros": {
    "protein": 35,
    "carbs": 45,
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    "fat": 10
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    "whey protein",
    "blueberries",
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  "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",
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  "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_id": "MM031",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
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      "carbs": 10,
      "fat": 26
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      "eggs",
      "spinach",
      "avocado",
      "olive oil"
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
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      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
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    "goal": "Lean Muscle Gain + Maintenance",
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      "protein": 45,
      "carbs": 40,
      "fat": 12
    },
    "ingredients": [
      "chicken breast",
      "quinoa",
      "broccoli",
      "olive oil"
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "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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    "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",
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    "protein": 42,
    "carbs": 38,
    "fat": 15
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    "ground turkey",
    "kidney beans",
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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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        "protein": 35,
        "carbs": 45,
        "fat": 10
    },
    "ingredients": [
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        "whey protein",
        "blueberries",
        "almond milk"
    ],
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    "meal_type": "Dinner",
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      "carbs": 36,
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      "green beans",
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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  "carbs": 25,
  "fat": 10
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"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 45,
    "carbs": 40,
    "fat": 12
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  "ingredients": [
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    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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    "carbs": 18,
    "fat": 18
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  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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        "carbs": 35,
        "fat": 16
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        "sweet potato",
        "asparagus",
        "olive oil"
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      "meal_name": "Turkey Chili with Kidney Beans",
      "meal_type": "Breakfast",
      "goal": "Lean Muscle Gain + Maintenance",
      "calories": 470,
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        "protein": 42,
        "carbs": 38,
        "fat": 15
      },
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        "kidney beans",
        "tomato sauce",
        "onions"
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      "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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      "meal_type": "Snack",
      "goal": "Lean Muscle Gain + Maintenance",
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        "carbs": 5,
        "fat": 20
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    "egg",
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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    "protein": 35,
    "carbs": 45,
    "fat": 10
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  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
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  "meal_name": "Cottage Cheese with Pineapple",
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  "calories": 300,
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    "protein": 28,
    "carbs": 20,
    "fat": 9
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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",
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  "calories": 520,
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    "protein": 46,
    "carbs": 36,

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    "fat": 15
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  "ingredients": [
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    "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_name": "Scrambled Eggs with Spinach & Avocado",
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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."
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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."
},
{
  "meal_id": "MM053",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",

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    "goal": "Lean Muscle Gain + Maintenance",
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    "macros": {
      "protein": 45,
      "carbs": 40,
      "fat": 12
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      "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",
    "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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  {
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    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 500,
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      "protein": 42,
      "carbs": 35,
      "fat": 16
    },
    "ingredients": [
      "salmon",
      "sweet potato",
      "asparagus",
      "olive oil"
    ],
  },

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

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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."

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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 420,
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    "protein": 40,
    "carbs": 5,
    "fat": 20
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  "ingredients": [
    "tuna",
    "egg",
    "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": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
}
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"ingredients": [
  "oats",
  "whey protein",
  "blueberries",
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],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 300,
  "macros": {
    "protein": 28,
    "carbs": 20,
    "fat": 9
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  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_id": "MM060",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 520,
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    "protein": 46,
    "carbs": 36,
    "fat": 15
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  "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": "MM061",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
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  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
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    "protein": 38,
    "carbs": 10,
    "fat": 26
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    "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,
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    "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_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 480,
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    "protein": 45,
    "carbs": 40,
    "fat": 12
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  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "protein": 38,
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  "whey protein",
  "almond butter",
  "banana",
  "almond milk"
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"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "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
  },
  "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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{
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  "meal_name": "Oatmeal with Whey Protein and Blueberries",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
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    "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_name": "Cottage Cheese with Pineapple",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 300,
  "macros": {
    "protein": 28,
    "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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    "meal_name": "Grilled Steak with Brown Rice and Green Beans",
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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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    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 430,
    "macros": {
      "protein": 38,
      "carbs": 10,
      "fat": 26
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  {
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
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    "macros": {
      "protein": 30,
      "carbs": 25,
      "fat": 10
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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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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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
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      "protein": 38,
      "carbs": 18,
      "fat": 18
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
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"meal_name": "Baked Salmon with Sweet Potato and Asparagus",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 500,
"macros": {
  "protein": 42,
  "carbs": 35,
  "fat": 16
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"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "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": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
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  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
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  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 20
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
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    "lettuce"
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  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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{
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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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  "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": "MM079",
  "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."
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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": 520,
  "macros": {
    "protein": 46,
    "carbs": 36,
    "fat": 15
  },

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    "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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  {
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    "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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      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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  {
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    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
      "protein": 30,
      "carbs": 25,
      "fat": 10
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    "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": "MM083",
    "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
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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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  {
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
    "macros": {
      "protein": 38,
      "carbs": 18,
      "fat": 18
    },
    "ingredients": [
      "whey protein",
      "almond butter",
      "banana",
      "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
  {
    "meal_id": "MM085",
    "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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{
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  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
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  "calories": 470,
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    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM087",
  "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": "MM088",
  "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"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
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{
  "meal_id": "MM089",
  "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": "MM090",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 520,
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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."
},
{
  "meal_id": "MM091",
  "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"
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    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
  },
  {
    "meal_id": "MM092",
    "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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    "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": "MM095",
  "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": "MM096",
  "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": "MM097",
  "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": "MM098",
  "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": "MM099",
  "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": "MM100",
  "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": "MM101",
  "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": "MM102",
  "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."
},
{
  "meal_id": "MM103",
  "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": "MM104",
  "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": "MM105",
  "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,
  "fat": 16
},
"ingredients": [
  "salmon",
  "sweet potato",
  "asparagus",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM106",
  "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": "MM107",
  "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."

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{

"meal_id": "MM108",

"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": "MM109",

"meal_name": "Cottage Cheese with Pineapple",

"meal_type": "Dinner",

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

"calories": 300,

"macros": {

"protein": 28,

"carbs": 20,

"fat": 9

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"ingredients": [

"cottage cheese",

"pineapple"

],

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

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{

"meal_id": "MM110",

"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": "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
    },
    "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,
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        "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": "MM113",
    "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": "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."
  },
  {
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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_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",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 450,
  "macros": {
    "protein": 35,
    "carbs": 45,
    "fat": 10
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
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    ],
    "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",
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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."
  },
  {
    "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."
  },
  {
    "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": [
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        "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",
        "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": {

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    "protein": 38,
    "carbs": 18,
    "fat": 18
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "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,
    "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": "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",
  "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"
  ],
}
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"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"

],

"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

},

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    "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": [
      "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,

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    "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,
    "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": "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",
  "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"
  ]
}

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],
  "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"
  ],
  "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
  },
}
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    "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
    },
    "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",

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"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",
  "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": "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."
},
{
  "meal_id": "MM151",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
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      "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."
  },
  {
    "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
    }
  }

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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."
  },
  {
    "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
    },
    "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",

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```
"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",
  "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."
},
}
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{
  "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."
},
{
  "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",

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    "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",
    "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,

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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": "MM166",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 470,
  "macros": {
    "protein": 42,
    "carbs": 38,
    "fat": 15
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM167",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 420,
  "macros": {
    "protein": 40,
    "carbs": 5,
    "fat": 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",
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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": "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",
  "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": "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."
},
{
  "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",
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        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM174",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 400,
    "macros": {
        "protein": 38,
        "carbs": 18,
        "fat": 18
    },
    "ingredients": [
        "whey protein",
        "almond butter",
        "banana",
        "almond milk"
    ],
    "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
    "meal_id": "MM175",
    "meal_name": "Baked Salmon with Sweet Potato and Asparagus",
    "meal_type": "Shake",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 500,
    "macros": {
        "protein": 42,
        "carbs": 35,
        "fat": 16
    },
    "ingredients": [
        "salmon",
        "sweet potato",
        "asparagus",
        "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,

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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": "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
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    "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": "MM178",
    "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": "MM179",

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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": "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",
  "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": "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": [


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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": "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",
    "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,

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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": "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,
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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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  {
    "meal_id": "MM190",

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"meal_name": "Grilled Steak with Brown Rice and Green Beans",
"meal_type": "Shake",
"goal": "Lean Muscle Gain + Maintenance",
"calories": 520,
"macros": {
  "protein": 46,
  "carbs": 36,
  "fat": 15
},
"ingredients": [
  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM191",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 430,
  "macros": {
    "protein": 38,
    "carbs": 10,
    "fat": 26
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced macronutrient meal for mesomorphs focusing on muscle gain and fat control."
},
{
  "meal_id": "MM192",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "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."

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{

"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."

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{

"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

},

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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": "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",

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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": "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": {
      "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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"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",  
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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."  
  },  
  {  
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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",
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        "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."
},
{
    "meal_id": "MF005",
    "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": "MF006",
    "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": "MF007",
  "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": "MF008",
  "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,
"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": "MF010",
  "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": "MF011",
  "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."

},

{

"meal_id": "MF012",

"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": "MF013",

"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": "MF014",

"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": "MF015",
  "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": "MF016",
  "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": "MF017",
  "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": "MF018",
  "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": "MF019",
  "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": "MF020",
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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,
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  "steak",
  "brown rice",
  "green beans",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "meal_id": "MF021",
  "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": "MF022",
  "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."

},

{

"meal_id": "MF023",

"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": "MF024",

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

"meal_type": "Dinner",

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

"calories": 360,

"macros": {

"protein": 34,

"carbs": 16,

"fat": 16

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"ingredients": [

"whey protein",

"almond butter",

"banana",

"almond milk"

],

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

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"meal_type": "Shake",

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

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"carbs": 32,

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      "fat": 18
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      "carbs": 22,
      "fat": 9
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    "meal_type": "Lunch",
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      "carbs": 36,
      "fat": 11
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fitness."
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      "carbs": 16,  
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    "ingredients": [  
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      "almond butter",  
      "banana",  
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fitness."
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fitness."
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      "carbs": 34,  
      "fat": 14
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      "carbs": 4,
      "fat": 18
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      "olive oil",
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      "fat": 9
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      "blueberries",
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  "carbs": 18,
  "fat": 8
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
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    "carbs": 32,
    "fat": 14
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fitness."
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    "protein": 34,
    "carbs": 9,
    "fat": 23
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    "avocado",
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fitness."
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    "protein": 27,
    "carbs": 22,
    "fat": 9
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    "mixed berries",
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    "carbs": 36,
    "fat": 11
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    "carbs": 16,
    "fat": 16
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    "almond milk"
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    "carbs": 32,
    "fat": 14
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    "olive oil"
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    "protein": 38,
    "carbs": 34,
    "fat": 14
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    "kidney beans",
    "tomato sauce",
    "onions"
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    "olive oil",
    "lettuce"
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    "carbs": 40,
    "fat": 9
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    "carbs": 18,
    "fat": 8
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      "fat": 14
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      "green beans",
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      "carbs": 9,
      "fat": 23
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      "spinach",
      "avocado",
      "olive oil"
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      "carbs": 22,
      "fat": 9
    },
    "ingredients": [
      "Greek yogurt",
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      "chia seeds"
    ],
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    "fat": 11
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    "fat": 16
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    "banana",
    "almond milk"
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    "fat": 14
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    "asparagus",
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    "carbs": 34,
    "fat": 14
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    "onions"
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    "fat": 18
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    "carbs": 18,
    "fat": 8
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    "carbs": 32,
    "fat": 14
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    "green beans",
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      "fat": 23
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      "chia seeds"
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      "carbs": 36,
      "fat": 11
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      "quinoa",
      "broccoli",
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        "carbs": 32,
        "fat": 14
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        "sweet potato",
        "asparagus",
        "olive oil"
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        "carbs": 34,
        "fat": 14
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        "kidney beans",
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        "onions"
    ],
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        "fat": 18
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    "ingredients": [
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        "olive oil",
        "lettuce"
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        "carbs": 40,
        "fat": 9
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    "ingredients": [
        "oats",
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        "blueberries",
        "almond milk"
    ],
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    "pineapple"
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    "carbs": 32,
    "fat": 14
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  "ingredients": [
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    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF071",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
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    "protein": 34,
    "carbs": 9,
    "fat": 23
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  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF072",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
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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."
},
{
  "meal_id": "MF073",
  "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": "MF074",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 360,
  "macros": {
    "protein": 34,
    "carbs": 16,
    "fat": 16
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
}
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"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."

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{

"meal_id": "MF075",

"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": "MF076",

"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": "MF077",

"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",
  "lettuce"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "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
  },
  "ingredients": [
    "oats",
    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "meal_id": "MF079",
  "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": "MF080",
  "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
  },
  "ingredients": [
    "steak",
    "brown rice",
    "green beans",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF081",
  "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": "MF082",
  "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": "MF083",
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    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
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    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
    "macros": {
      "protein": 40,
      "carbs": 36,
      "fat": 11
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      "quinoa",
      "broccoli",
      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
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  {
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    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
      "protein": 34,
      "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": "MF085",
    "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"
    ]
  }

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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",  
  "meal_type": "Breakfast",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 423,  
  "macros": {  
    "protein": 38,  
    "carbs": 34,  
    "fat": 14  
  },  
  "ingredients": [  
    "ground turkey",  
    "kidney beans",  
    "tomato sauce",  
    "onions"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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},  
{  
  "meal_id": "MF087",  
  "meal_name": "Tuna Salad with Olive Oil and Egg",  
  "meal_type": "Snack",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 378,  
  "macros": {  
    "protein": 36,  
    "carbs": 4,  
    "fat": 18  
  },  
  "ingredients": [  
    "tuna",  
    "egg",  
    "olive oil",  
    "lettuce"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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},  
{  
  "meal_id": "MF088",  
  "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  
  },  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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},  
{  
  "meal_id": "MF089",  
  "meal_name": "Chicken Breast with Quinoa and Broccoli",  
  "meal_type": "Dinner",  
  "goal": "Lean Muscle Gain + Maintenance",  
  "calories": 450,  
  "macros": {  
    "protein": 45,  
    "carbs": 50,  
    "fat": 10  
  },  
  "ingredients": [  
    "chicken breast",  
    "quinoa",  
    "broccoli",  
    "olive oil",  
    "garlic",  
    "salt",  
    "pepper"  
  ],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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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": "MF089",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
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    "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": "MF090",
    "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": "MF091",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 387,

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    "macros": {
      "protein": 34,
      "carbs": 9,
      "fat": 23
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },
  {
    "meal_id": "MF092",
    "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": "MF093",
    "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_id": "MF094",
"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": "MF095",
  "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": "MF096",
  "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",
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      "onions"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },
  {
    "meal_id": "MF097",
    "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": "MF098",
    "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": "MF099",
    "meal_name": "Cottage Cheese with Pineapple",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 270,
    "macros": {
      "protein": 25,
      "carbs": 18,

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    "fat": 8
  },
  "ingredients": [
    "cottage cheese",
    "pineapple"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF100",
  "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": "MF101",
  "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": "MF102",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
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"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": "MF103",
  "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": "MF104",
  "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_id": "MF105",
  "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": "MF106",
  "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": "MF107",
  "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",
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    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF108",
  "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": "MF109",
  "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": "MF110",
  "meal_name": "Grilled Steak with Brown Rice and Green Beans",
  "meal_type": "Shake",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 468,
  "macros": {
    "protein": 41,
    "carbs": 32,
    "fat": 14
  }
}

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    },
    "ingredients": [
      "steak",
      "brown rice",
      "green beans",
      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },
  {
    "meal_id": "MF111",
    "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": "MF112",
    "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
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    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },
  {
    "meal_id": "MF113",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",

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"calories": 432,
"macros": {
  "protein": 40,
  "carbs": 36,
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  "chicken breast",
  "quinoa",
  "broccoli",
  "olive oil"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF114",
  "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": "MF115",
  "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."
}
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    },
    {
      "meal_id": "MF116",
      "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": "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."
    },
    {
      "meal_id": "MF118",
      "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",
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    "whey protein",
    "blueberries",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF119",
  "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": "MF120",
  "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": "MF121",
  "meal_name": "Scrambled Eggs with Spinach & Avocado",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 387,
  "macros": {
    "protein": 34,
    "carbs": 9,
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    "fat": 23
  },
  "ingredients": [
    "eggs",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF122",
  "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": "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
  },
  "ingredients": [
    "chicken breast",
    "quinoa",
    "broccoli",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF124",
  "meal_name": "Almond-Butter Protein Shake",
  "meal_type": "Dinner",

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    "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": "MF125",
    "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",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 423,
    "macros": {
      "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_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."

},

{

"meal_id": "MF128",

"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": "MF129",

"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": [
  "cottage cheese",
  "pineapple"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "meal_id": "MF130",
  "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": "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",
    "spinach",
    "avocado",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "meal_id": "MF132",
  "meal_name": "Greek Yogurt with Berries and Chia Seeds",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 324,
  "macros": {
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    "protein": 27,
    "carbs": 22,
    "fat": 9
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF133",
  "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": "MF134",
  "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": "MF135",

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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": "MF136",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 34,
    "fat": 14
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF137",
  "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"
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    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
  },
  {
    "meal_id": "MF138",
    "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"
    ],
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
  },
  {
    "meal_id": "MF140",
    "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": [
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    "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
  },
  "ingredients": [
    "Greek yogurt",
    "mixed berries",
    "chia seeds"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF143",
  "meal_name": "Grilled Chicken with Quinoa and Broccoli",
  "meal_type": "Lunch",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 432,
  "macros": {

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    "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,
  "macros": {
    "protein": 38,
    "carbs": 32,
    "fat": 14
  },
  "ingredients": [
    "salmon",
    "sweet potato",
    "asparagus",
    "olive oil"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{

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```
"meal_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
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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": "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."
},
{
  "meal_id": "MF148",
  "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",
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    "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"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "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
  },
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},

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"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,
  "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": "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
  },
  "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,
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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."
},
{
  "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",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 34,
    "fat": 14
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
}
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{
  "meal_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."
},
{
  "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"
  ]
}
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],  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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  },  
  {  
    "meal_id": "MF160",  
    "meal_name": "Grilled Steak with Brown Rice and Green Beans",  
    "meal_type": "Shake",  
    "goal": "Lean Muscle Gain + Maintenance",  
    "calories": 468,  
    "macros": {  
      "protein": 41,  
      "carbs": 32,  
      "fat": 14  
    },  
    "ingredients": [  
      "steak",  
      "brown rice",  
      "green beans",  
      "olive oil"  
    ]  
  },  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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  },  
  {  
    "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",  
      "olive oil"  
    ]  
  },  
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall  
fitness."
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  },  
  {  
    "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  
    }  
  }  
]
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    },
    "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
    },
    "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",

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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": "MF166",
  "meal_name": "Turkey Chili with Kidney Beans",
  "meal_type": "Breakfast",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 423,
  "macros": {
    "protein": 38,
    "carbs": 34,
    "fat": 14
  },
  "ingredients": [
    "ground turkey",
    "kidney beans",
    "tomato sauce",
    "onions"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "MF167",
  "meal_name": "Tuna Salad with Olive Oil and Egg",
  "meal_type": "Snack",
  "goal": "Lean Muscle Gain + Maintenance",
  "calories": 378,
  "macros": {
    "protein": 36,
    "carbs": 4,
    "fat": 18
  },
  "ingredients": [
    "tuna",
    "egg",
    "olive oil",
    "lettuce"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
}
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    },
    {
      "meal_id": "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."
    },
    {
      "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",
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      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
  },
  {
    "meal_id": "MF171",
    "meal_name": "Scrambled Eggs with Spinach & Avocado",
    "meal_type": "Breakfast",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 387,
    "macros": {
      "protein": 34,
      "carbs": 9,
      "fat": 23
    },
    "ingredients": [
      "eggs",
      "spinach",
      "avocado",
      "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
  },
  {
    "meal_id": "MF172",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
    "macros": {
      "protein": 27,
      "carbs": 22,
      "fat": 9
    },
    "ingredients": [
      "Greek yogurt",
      "mixed berries",
      "chia seeds"
    ],
    "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
    }
  }

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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": "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,
      "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",
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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": "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",
    "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."

},

{

"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."

},

{

"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",


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        "spinach",
        "avocado",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF182",
    "meal_name": "Greek Yogurt with Berries and Chia Seeds",
    "meal_type": "Snack",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 324,
    "macros": {
        "protein": 27,
        "carbs": 22,
        "fat": 9
    },
    "ingredients": [
        "Greek yogurt",
        "mixed berries",
        "chia seeds"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF183",
    "meal_name": "Grilled Chicken with Quinoa and Broccoli",
    "meal_type": "Lunch",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 432,
    "macros": {
        "protein": 40,
        "carbs": 36,
        "fat": 11
    },
    "ingredients": [
        "chicken breast",
        "quinoa",
        "broccoli",
        "olive oil"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
    "meal_id": "MF184",
    "meal_name": "Almond-Butter Protein Shake",
    "meal_type": "Dinner",
    "goal": "Lean Muscle Gain + Maintenance",
    "calories": 360,
    "macros": {
        "protein": 34,

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    "carbs": 16,
    "fat": 16
  },
  "ingredients": [
    "whey protein",
    "almond butter",
    "banana",
    "almond milk"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
},
{
  "meal_id": "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,
    "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",

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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": [
  "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",
  "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."

},

{

"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"

],

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

},

{

"meal_id": "MF192",

"meal_name": "Greek Yogurt with Berries and Chia Seeds",

"meal_type": "Snack",

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

"calories": 324,

"macros": {

"protein": 27,

"carbs": 22,

"fat": 9

},

```
"ingredients": [
  "Greek yogurt",
  "mixed berries",
  "chia seeds"
],
"notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "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"
  ],
  "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall
fitness."
},
{
  "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": [
    "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,
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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": "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,
    "macros": {
      "protein": 36,
      "carbs": 4,
      "fat": 18
    },
    "ingredients": [
      "tuna",
      "egg",
      "olive oil",
      "lettuce"
    ],
    "notes": "Balanced diet for female mesomorphs supporting lean muscle and overall fitness."
  },

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{
  "meal_id": "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",
  "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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