

**Source:**

Phenylalanine 78.88388243566993% Valine 100.18798061274833% Leucine 94.51699130818912%  
Isoleucine 115.95896183749683% Lysine 112.10357982590932% Threonine 119.19645104929056%  
Tryptophan 93.25468414954841% Methionine 71.62966397360115% Histidine 98.34293136523347%

Diet List: 1. 150.891598g Turkey Sausage 2. 75.102569g Mustard

Phenylalanine 81.2080685572291% Valine 124.11991193514258% Leucine 94.13009551708133%  
Isoleucine 121.33660481656196% Lysine 98.99885464164082% Threonine 117.22718754701687%  
Tryptophan 136.44759141786292% Methionine 76.60724610188446% Histidine 93.59079200960244%

Diet List: 1. 205.162743g broccoli 90.416268g mustard 369.057053g butter stick 16.536808g  
whole milk 161.597425g whole eggs