

# Meal plan

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## Day 1 (price: 61 NOK)

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### Meals

- 2 x Meal(name='yogurt w/ muesli', grams=190, foods={150g yoghurt, 40g musli})
- 3.1 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 1 x Meal(name='hamburger', grams=120, foods={40g grovt brød, 80g burger})
- 5 x Meal(name='egg', grams=70, foods={70g egg})

### Statistics

- Total kcal: 1800 [533, 464, 282, 522]
- Total protein: 152 [18, 72, 16, 46]
- Total fat: 75 [13, 9, 16, 37]
- Total carbs: 126 [82, 27, 16, 1]

## Day 2 (price: 70 NOK)

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### Meals

- 10.5 x Meal(name='mixed nuts', grams=10, foods={10g nøtti frutti})
- 2 x Meal(name='yogurt w/ ct.cheese', grams=250, foods={150g yoghurt, 100g cottage cheese})
- 3.2 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 4 x Meal(name='egg', grams=70, foods={70g egg})

### Statistics

- Total kcal: 1800 [486, 410, 486, 417]
- Total protein: 162 [14, 37, 75, 36]
- Total fat: 79 [27, 13, 9, 30]
- Total carbs: 114 [49, 36, 28, 1]

## Day 3 (price: 81 NOK)

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### Meals

- 4.2 x Meal(name='chicken w/ sweet&sour', grams=100, foods={40.7g frossen kyllingfilet, 11.5g coop sweet and sour, 47.8g jasmin ris})
- 3.5 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 1 x Meal(name='hamburger', grams=120, foods={40g grovt brød, 80g burger})
- 5 x Meal(name='egg', grams=70, foods={70g egg})

### Statistics

- Total kcal: 1800 [475, 522, 282, 522]
- Total protein: 181 [38, 81, 16, 46]
- Total fat: 66 [3, 10, 16, 37]
- Total carbs: 120 [73, 30, 16, 1]

## Day 4 (price: 84 NOK)

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### Meals

- 3.1 x Meal(name='chicken w/ sweet&sour', grams=100, foods={40.7g frossen kyllingfilet, 11.5g coop sweet and sour, 47.8g jasmin ris})
- 2 x Meal(name='yogurt w/ ct.cheese', grams=250, foods={150g yoghurt, 100g cottage cheese})
- 3.5 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 5 x Meal(name='egg', grams=70, foods={70g egg})

### Statistics

- Total kcal: 1800 [347, 410, 522, 522]
- Total protein: 191 [28, 37, 81, 46]
- Total fat: 62 [2, 13, 10, 37]
- Total carbs: 120 [53, 36, 30, 1]

## Day 5 (price: 67 NOK)

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### Meals

- 2 x Meal(name='yogurt w/ muesli', grams=190, foods={150g yoghurt, 40g musli})
- 2 x Meal(name='hamburger', grams=120, foods={40g grovt brød, 80g burger})
- 3.3 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 1 x Meal(name='yogurt w/ ct.cheese', grams=250, foods={150g yoghurt, 100g cottage cheese})

### Statistics

- Total kcal: 1800 [533, 564, 498, 205]
- Total protein: 147 [18, 33, 77, 19]
- Total fat: 62 [13, 33, 9, 7]
- Total carbs: 161 [82, 32, 29, 18]

## Day 6 (price: 81 NOK)

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### Meals

- 4.2 x Meal(name='chicken w/ sweet&sour', grams=100, foods={40.7g frossen kyllingfilet, 11.5g coop sweet and sour, 47.8g jasmin ris})
- 3.5 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 1 x Meal(name='hamburger', grams=120, foods={40g grovt brød, 80g burger})
- 5 x Meal(name='egg', grams=70, foods={70g egg})

### Statistics

- Total kcal: 1800 [475, 522, 282, 522]
- Total protein: 181 [38, 81, 16, 46]
- Total fat: 66 [3, 10, 16, 37]
- Total carbs: 120 [73, 30, 16, 1]

## Day 7 (price: 75 NOK)

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## Meals

- 4.3 x Meal(name='chicken w/ sweet&sour', grams=100, foods={40.7g frossen kyllingfilet, 11.5g coop sweet and sour, 47.8g jasmin ris})
- 10.5 x Meal(name='mixed nuts', grams=10, foods={10g nøtti frutti})
- 2 x Meal(name='yogurt w/ ct.cheese', grams=250, foods={150g yoghurt, 100g cottage cheese})
- 4 x Meal(name='egg', grams=70, foods={70g egg})

## Statistics

- Total kcal: 1800 [486, 486, 410, 417]
- Total protein: 126 [39, 14, 37, 36]
- Total fat: 74 [3, 27, 13, 30]
- Total carbs: 160 [74, 49, 36, 1]

## Day 8 (price: 67 NOK)

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## Meals

- 2 x Meal(name='yogurt w/ muesli', grams=190, foods={150g yoghurt, 40g musli})
- 2 x Meal(name='hamburger', grams=120, foods={40g grovt brød, 80g burger})
- 3.3 x Meal(name='scoop protein shake', grams=175, foods={25g PF whey, 150g lettmelk})
- 1 x Meal(name='yogurt w/ ct.cheese', grams=250, foods={150g yoghurt, 100g cottage cheese})

## Statistics

- Total kcal: 1800 [533, 564, 498, 205]
- Total protein: 147 [18, 33, 77, 19]
- Total fat: 62 [13, 33, 9, 7]
- Total carbs: 161 [82, 32, 29, 18]