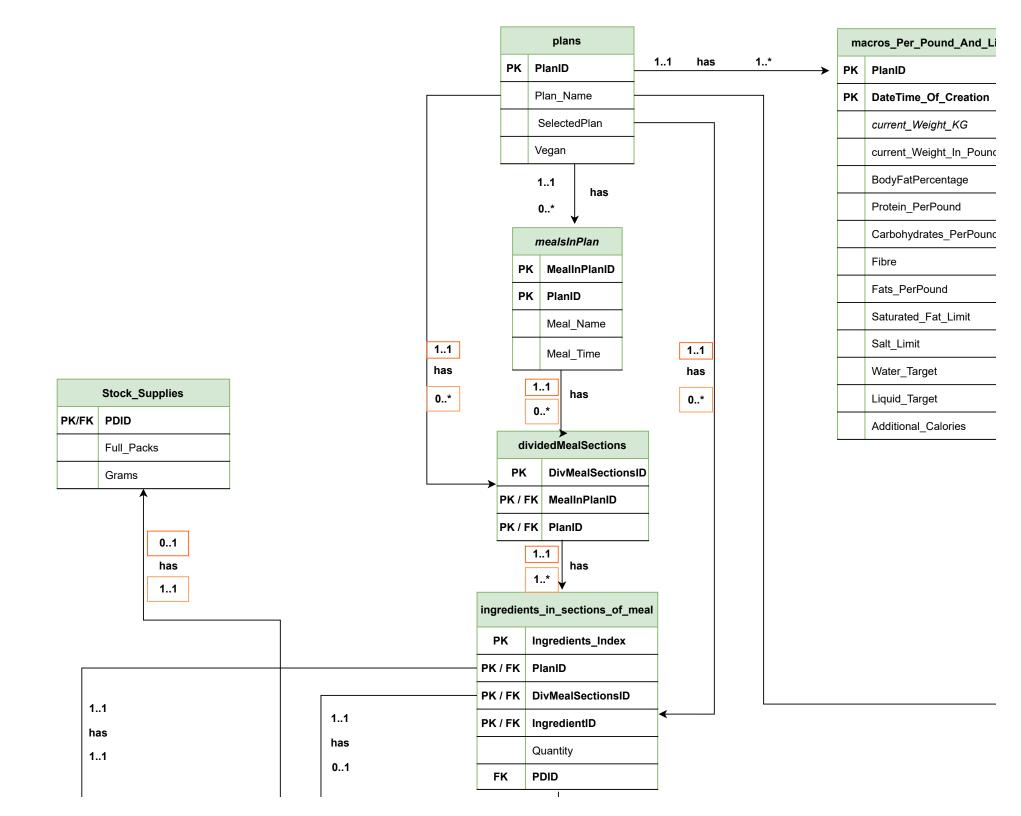
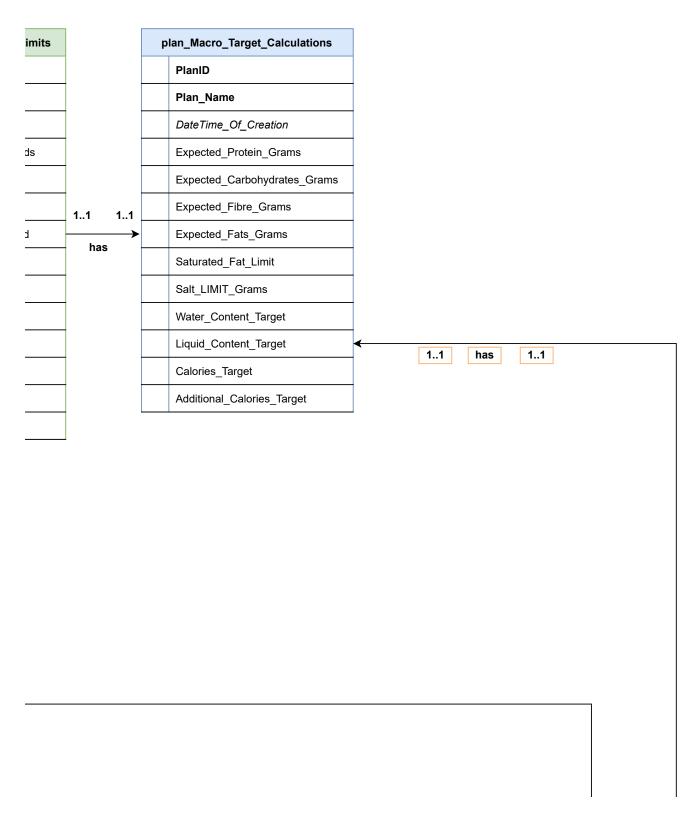
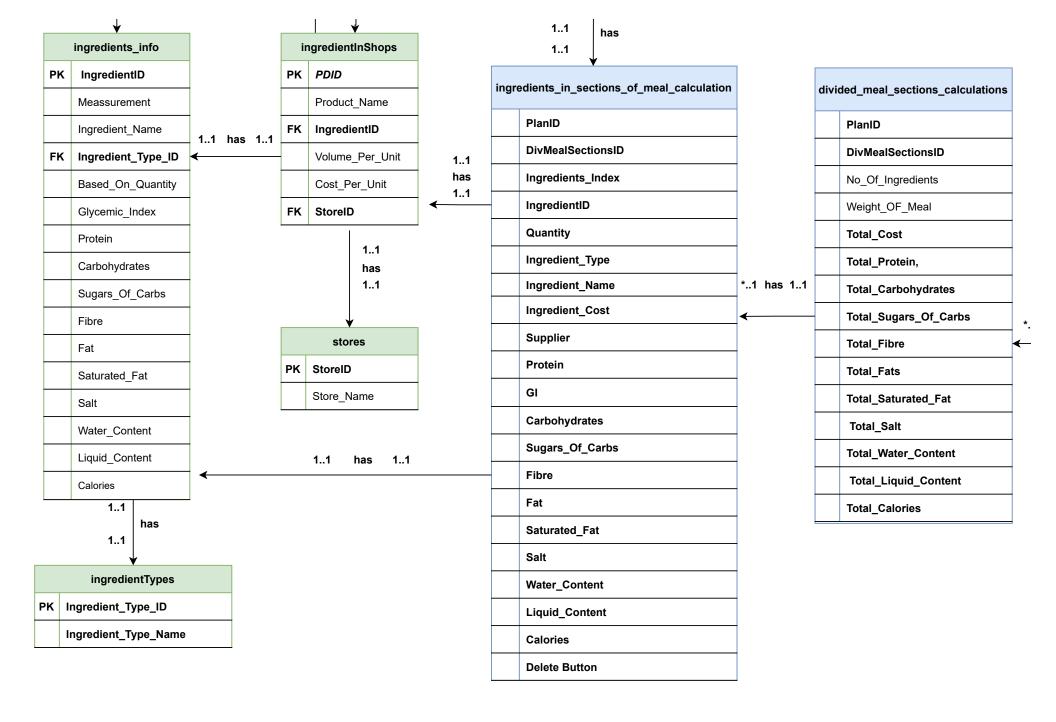


PK	
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	total_meal_view		total_plan_view		planMacrosLeft
1 has 11	PlanID		PlanID	11 has 11	PlanID
	MealInPlanID		Plan_Name		Plan_Name
	Meal_Time		No_Of_Meals		Protein_Grams_Left
	Meal_Name	*1 has 11	Ingredients_In_Plan		Carbohydrates_Grams_Left
	No_Of_Ingredients		Weight_In_Plan		Fibre_Grams_Lef
	Weight_OF_Meal		Total_Cost		Fats_Grams_Left
	Total_Cost		Protein_In_Plan		Potential_Saturated_Fat_Grams
	Total_Protein		Carbohydrates_In_Plan		Potential_Salt_Grams
	Total_Carbohydrates		Sugars_Of_Carbs_In_Plan		Water_Left_To_Drink
	Total_Sugars_Of_Carbs		Fibre_In_Plan		Liquids_Left
	Total_Fibre		Fats_In_Plan		Calories_Left
	Total_Fats		Saturated_Fat_In_Plan		Added_Calories_Left
	Total_Saturated_Fat		Salt_In_Plan		
	Total_Salt		Water_Content_In_Plan		
	Total_Water_Content		Liquid_Content_In_Plan		
	Total_Liquid_Content		Total_Calories_In_Plan		
	Total_Calories				