**Daily Macros Intake:**

Crabs : 189g

Proteins : 189g

Fats: 42g

**Macro:**

Crabs:

Proteins: 30(Chicken)+13(Eggs)+4(Milk)

Fats: 4(Chicken)+11(Eggs)+7(Milk)

**Vitamins:**

1. A (Retinol): 6(Chicken)+88(Eggs)+54(Milk)
2. B1 (Thiamin):0.1(Milk)
3. B2 (Riboflavin):0.6(Eggs)+0.1(Milk)
4. B3 (Niacin): 13(Chicken)
5. B5 (Pantothenic acid): 1(Chicken)+1.4(Eggs)+0.2(Milk)
6. B6 (Pyridoxine): 0.2(Eggs)
7. B7 (Biotin):
8. B12: 1.2(Eggs)+0.4(Milk)
9. Folic acid: 44(Eggs)+6(Milk)
10. Vitamin C:2.3(Milk)
11. Vitamin D:
12. Vitamin E:
13. Vitamin K:
14. Chlorine: 85(Chicken)+226(Eggs)

**Minerals:**

1. Calcium: 15(Chicken)+50(Eggs)+169(Milk)
2. Chloride:
3. Chromium:
4. Copper:
5. Iodine: 1(Chicken)
6. Iron: 1.2(Eggs)+0.1(Milk)
7. Magnesium: 29(Chicken)+10(Eggs)+31(Milk)
8. Manganese:
9. Molybdenum:
10. Phosphorus: 228(Chicken)+172(Eggs)+117(Milk)
11. Potassium: 256(Chicken)+126(Eggs)+178(Milk)
12. Selenium: 27(Chicken)+31(Eggs)
13. Sodium: 124(Eggs)+52(Milk)
14. Zinc: 1(Chicken)+1(Eggs)