Eggs Calories: 60

Amount: 1

Fats: 4g

Carbs: 0.6g

Proteins: 6g

Bacons Calories: 80

Amount: 1

Fats: 7g

Carbs: 0g

Proteins: 5g

Aidells Sausages Calories: 160

Amount: 1

Fats: 11g

Carbs: 1g

Proteins: 15g

Minced Meat Calories: 340

Amount: ½ cup

Fats: 30g

Carbs: 0g

Proteins: 17g

Olive oil Calories: 120

Amount: 1 tablespoon

Fats: 14g

Carbs: 0

Proteins: 0

Other carbs will come from broccoli, onions, bell peppers, ginger, garlic, spices.

Eggs Calories: 60

Amount: 1

Fats: 4g

Carbs: 0.6g

Proteins: 6g

Bacons Calories: 80

Amount: 1

Fats: 7g

Carbs: 0g

Proteins: 5g

Aidells Sausages Calories: 160

Amount: 1

Fats: 11g

Carbs: 1g

Proteins: 15g

Minced Meat Calories: 340

Amount: ½ cup

Fats: 30g

Carbs: 0g

Proteins: 17g

Olive oil Calories: 120

Amount: 1 tablespoon

Fats: 14g

Carbs: 0

Proteins: 0

Other carbs will come from broccoli, onions, bell peppers, ginger, garlic, spices.

2 Eggs Calories: 120

Amount: 2

Fats: 8g

Carbs: 1.2g

Proteins: 12g

5 Bacons Calories: 400

Amount: 5

Fats: 35g

Carbs: 0g

Proteins: 25g

2 Aidells Sausages Calories: 320

Amount: 2

Fats: 22g

Carbs: 2g

Proteins: 30g

1 Cup Minced Meat Calories: 680

Amount: 1 Cup

Fats: 60g

Carbs: 0g

Proteins: 34g

This is for one week;

The nutrition for two weeks is below:

2 Cups Minced Meat Calories: 1360

Amount: 2 Cups

Fats: 120g

Carbs: 0g

Proteins: 68g

The nutrition for one day (calculation is based on 5 days) is below:

Minced Meat Calories: 680/ 5 = 136

Amount: 1 Cup / 5

Fats: 60g/5 = 12g

Carbs: 0g

Proteins: 34g/5 = 7g

14 tablespoons -Olive oil Calories: 840

Amount: 14 tablespoons/ 1 week serving (1 cup + 1/3 cup + 1/3 cup)

Fats: 98g + 98g = 196g

Carbs: 0

Proteins: 0

2 tablespoons - Olive oil Calories: 240

Amount: 2 tablespoons

Fats: 28g

Carbs: 0

Proteins: 0

Meal in a day: 2 eggs, 5 bacons, 2 sausages, 2 tablespoons of olive oil, minced meat

Total calories in a day: 120 + 400 + 320 + 240 + 136 = 1216 (let’s just say 1300)

Fats in a day: 8+35+22+28+12 = 105

Carbs in a day: 1.2+0+2+0+0 = 3.2

Protein in a day: 12+25+30+0+7 = 74