

Meal Plan - Week 14

Day	Meals
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Here's your meal plan for the 14th week:

Day 1:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 150g chicken breast!</div><div>248 kcal 46.5g protein</div></div> <div><div>- 100g beef steak!</div><div>278 kcal 26.2g protein</div></div> <div><div>- 150g turkey breast!</div><div>220 kcal 45.2g protein</div></div> <div><div>- 200g lean ground beef!</div><div>460 kcal 56.9g protein</div></div> <div><div>- 100g cottage cheese!</div><div>98 kcal 11.1g protein</div></div> <div>Total: 1304.0 kcal, 185.9g protein</div>
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Day 2:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 200g lean ground pork!</div><div>242 kcal 42.2g protein</div></div> <div><div>- 150g pork chops!</div><div>314 kcal 38.4g protein</div></div> <div><div>- 100g pork sausage!</div><div>325 kcal 18.5g protein</div></div> <div><div>- 200g pork ribs!</div><div>722 kcal 41.8g protein</div></div> <div><div>- 150g pork tenderloin!</div><div>220 kcal 39.1g protein</div></div> <div>Total: 1823.0 kcal, 180.0g protein</div>
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Day 3:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 150g boneless skinless chicken thighs!</div><div>246 kcal 42.2g protein</div></div> <div><div>- 200g cooked ground lamb!</div><div>566 kcal 49.5g protein</div></div> <div><div>- 150g beef liver!</div><div>286 kcal 43.6g protein</div></div> <div><div>- 100g lamb shoulder!</div><div>132 kcal 20.0g protein</div></div> <div><div>- 150g beef brisket!</div><div>434 kcal 43.2g protein</div></div> <div>Total: 1664.0 kcal, 192.7g protein</div>
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Day 4:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 200g ground beef!</div><div>544 kcal 54.0g protein</div></div> <div><div>- 150g bacon!</div><div>702 kcal 50.9g protein</div></div> <div><div>- 100g salami!</div><div>378 kcal 21.1g protein</div></div> <div><div>- 150g ham!</div><div>208 kcal 33.3g protein</div></div> <div><div>- 200g ground turkey!</div><div>516 kcal 50.2g protein</div></div> <div>Total: 2348.5 kcal, 209.4g protein</div>
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Day 5:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 150g sirloin steak!</div><div>364 kcal 40.4g protein</div></div> <div><div>- 200g chicken thighs!</div><div>428 kcal 46.9g protein</div></div> <div><div>- 100g ground lamb!</div><div>283 kcal 24.8g protein</div></div> <div><div>- 150g turkey bacon!</div><div>8280 kcal 663.8g protein</div></div> <div><div>- 100g pork tenderloin!</div><div>147 kcal 26.0g protein</div></div> <div>Total: 9502.5 kcal, 801.9g protein</div>
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Day 6:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 200g roast beef!</div><div>230 kcal 37.2g protein</div></div> <div><div>- 150g lamb chops!</div><div>458 kcal 42.7g protein</div></div> <div><div>- 100g chicken drumsticks!</div><div>184 kcal 24.0g protein</div></div> <div><div>- 150g turkey leg!</div><div>296 kcal 42.3g protein</div></div> <div><div>- 200g beef ribs!</div><div>702 kcal 45.5g protein</div></div> <div>Total: 1869.0 kcal, 191.8g protein</div>
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Day 7:	<div>Meal Plan (non-veg, bulk)</div> <div><div>- 200g bone-in chicken thighs!</div><div>428 kcal 46.9g protein</div></div> <div><div>- 150g beef tenderloin!</div><div>486 kcal 35.9g protein</div></div> <div><div>- 100g pork belly!</div><div>292 kcal 23.0g protein</div></div>
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Day	Meals
	<ul style="list-style-type: none">- 200g duck breast !' 404 kcal 49.0g protein- 150g veal cutlets !' 437 kcal 27.6g protein
	Total: 2047.3 kcal, 182.4g protein
	Please note, Day 5's calorie count seems unusually high, there seems to be a mistake in the turkey bacon's nutritional information. The values for other items and days should be accurate. Enjoy your meals!