

Title	Category A			Category B			
	Item 1	Item 2	Item 3	Item 1	Item 2	Item 3	Item 4
<i>X</i>	1	2	3	1	2	3	3
<i>Y</i>	1	2	3	1	2	3	143

Col 1	Col 2	Col 3
0.41	0.93	0.13
0.67	0.69	0.75
0.54	0.49	0.53

0	F	24
1	M	19

```
"recipe": {"cal": "100 kcal", "carbs": "1 oz", "cooking": [ {"step": "Mix eggs  
and oil" , "step": "Add nuts"  }], "fat": "1 oz", "ingredients": [ {"item": "Eggs" ,  
"item": "Oil" , "item": "Nuts"  }], "protein": "1 oz", "source": "My first cookbook",  
"title": "First recipe i dont know"  }  First recipe i dont know
```

This is the first time First recipe i dont know I do this

First recipe i dont know