Title	Category A			Category B			
	Item 1	Item 2	Item 3	Item 1	Item 2	Item 3	Item 4
X	1	2	3	1	2	3	3
Y	1	2	3	1	2	3	143

Col 1	Col 2	Col 3
0.08	0.90	0.23
0.13	0.66	0.54
0.13	0.25	0.28

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