









MEAL1

| | | |
|---|---------------|----------------|
|  | Food Name: | Chicken Breast |
| | Serving Size: | 100 gm |
| | | |
|  | Food Name: | Chicken Breast |
| | Serving Size: | 500 gm |
| | | |
|  | Food Name: | Chicken Breast |
| | Serving Size: | 800 gm |



MEAL2

| | | |
|---|---------------|----------------|
|  | Food Name: | Chicken Breast |
| | Serving Size: | 900 gm |
| | | |
|  | Food Name: | Cheedar Cheese |
| | Serving Size: | 888 gm |

MEAL3

| | | |
|---|---------------|----------------|
|  | Food Name: | Chicken Breast |
| | Serving Size: | 100 gm |
| | | |
|  | Food Name: | Chicken Breast |
| | Serving Size: | 100 gm |
| | | |
|  | Food Name: | Chicken Breast |
| | Serving Size: | 100 gm |
| | | |
|  | Food Name: | Chicken Breast |
| | Serving Size: | 90 gm |
| | | |
|  | Food Name: | Cheedar Cheese |
| | Serving Size: | 100 gm |
| | | |
|  | Food Name: | Cheedar Cheese |
| | Serving Size: | 200 gm |

MEAL4

| | | |
|---|---------------|----------------------|
|  | Food Name: | Lean Beef (Uncooked) |
| | Serving Size: | 900 gm |
| | | |
|  | Food Name: | eggs |
| | Serving Size: | 100 gm |

| MEALS STATS | |
|----------------|-----------------|
| Macronutrient: | Amount |
| Proteins | 1156.9 gm |
| Carbohydrates | 15.4 gm |
| Fats | 509.8 gm |
| Total Calories | 9275.4 Calories |