


Day 1

Friday 26 May 2017

Meal 1




Food Name:

Serving Size:

Chicken Breast

100




Food Name:

Serving Size:

Chicken Breast

500




Food Name:

Serving Size:

Chicken Breast

800




Food Name:

Serving Size:

Cheedar Cheese

200



Food Name:

Serving Size:

Cheedar Cheese

770

Meal 2



Food Name:

Serving Size:

Chicken Breast

900



Food Name:

Serving Size:

Cheedar Cheese

888

Meal 3



Food Name:

Serving Size:

Chicken Breast

900



Food Name:

Serving Size:

Lean Beef

200

Meal 4



Food Name:

Serving Size:

Lean Beef

900

Meals Stats	
Macronutrient:	Amount
Proteins	1356.5 grams
Carbohydrates	24.154 grams
Fats	743.1400000000001
Total Calories	12624.16 caloires