Food Name:

Serving Size:

Food Name: Serving Size:

Food Name:

Serving Size:

Chicken Breast

Chicken Breast 100 gm

Chicken Breast

Chicken Breast

Cheedar Cheese

Lean Beef (Uncooked)

Amount 1000.0 gm

11.5 gm 403.0 gm

7624.8 Calories

800 gm

900 gm

888 gm

900 gm

eggs 100 gm

500 gm





MEAL1



- MEAL4



Proteins

Fats

Carbohydrates

Total Calories