


MEAL1




Food Name:

Serving Size:

Chicken Breast

500 gm




Food Name:

Serving Size:

Chicken Breast

100 gm




Food Name:

Serving Size:

Chicken Breast

800 gm

MEAL2




Food Name:

Serving Size:

Chicken Breast

900 gm



Food Name:

Serving Size:

Cheedar Cheese

888 gm

MEAL4




Food Name:

Serving Size:

Lean Beef (Uncooked)

900 gm



Food Name:

Serving Size:

eggs

100 gm

MEALS STATS	
Macronutrient:	Amount
Proteins	1000.0 gm
Carbohydrates	11.5 gm
Fats	403.0 gm
Total Calories	7624.8 Calories