

Meal 1



Food Name:

Chicken Breast

Serving Size:

100 (gm)



Food Name:

Lean Beef

Serving Size:

100 (gm)

Meal 2



Food Name:

Chicken Breast

Serving Size:

100 (gm)

Meal 3



Food Name:

Serving Size:

Meal 4



Food Name:

eggs

Serving Size:

100 (gm)

Meals Stats	
Macronutrient:	Amount
Proteins	177.0(gm)
Carbohydrates	0.0(gm)
Fats	20.0(gm)
Total Calories	565.0 Calories