




Meal 1

|   |               |                |
|---|---------------|----------------|
|   | Food Name:    | Chicken Breast |
|   | Serving Size: | 100 (gm)       |
|  | Food Name:    | Chicken Breast |
|   | Serving Size: | 500 (gm)       |
|  | Food Name:    | Chicken Breast |
|   | Serving Size: | 800 (gm)       |
|  | Food Name:    | Cheedar Cheese |
|   | Serving Size: | 200 (gm)       |
|  | Food Name:    | Cheedar Cheese |
|   | Serving Size: | 770 (gm)       |

Meal 2

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

Meal 3

|   |               |                |
|---|---------------|----------------|
|  | Food Name:    | Chicken Breast |
|   | Serving Size: | 900 (gm)       |
|  | Food Name:    | Lean Beef      |
|   | Serving Size: | 200 (gm)       |

Meal 4

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

| Meals Stats    |                   |
|----------------|-------------------|
| Macronutrient: | Amount            |
| Proteins       | 1356.5(gm)        |
| Carbohydrates  | 24.15(gm)         |
| Fats           | 743.14(gm)        |
| Total Calories | 12624.16 Calories |