


MEAL2

	Food Name:	Lean Beef (Uncooked)
	Serving Size:	100 gm
	Food Name:	Chicken Breast
	Serving Size:	100 gm

MEAL3

	Food Name:	Lean Beef (Uncooked)
	Serving Size:	50 gm
	Food Name:	Chicken Breast
	Serving Size:	100 gm

MEAL4

	Food Name:	Chicken Breast
	Serving Size:	90 gm

MEALS STATS	
Macronutrient:	Amount
Proteins	90.9 gm
Carbohydrates	0.0 gm
Fats	14.8 gm
Total Calories	536.1 Calories