





MEAL1

	Food Name:	Chicken Breast
	Serving Size:	500 gm
	Food Name:	Chicken Breast
	Serving Size:	100 gm
	Food Name:	Chicken Breast
	Serving Size:	800 gm

MEAL2

	Food Name:	Chicken Breast
	Serving Size:	900 gm
	Food Name:	Cheedar Cheese
	Serving Size:	888 gm

MEAL4

	Food Name:	Lean Beef (Uncooked)
	Serving Size:	900 gm
	Food Name:	eggs
	Serving Size:	100 gm

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