









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



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:	100 gm
	Food Name:	Chicken Breast
	Serving Size:	100 gm
	Food Name:	Chicken Breast
	Serving Size:	100 gm
	Food Name:	Chicken Breast
	Serving Size:	90 gm
	Food Name:	Cheedar Cheese
	Serving Size:	100 gm
	Food Name:	Cheedar Cheese
	Serving Size:	200 gm

MEAL 4

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

MEALS STATS	
Macronutrient:	Amount
Proteins	1156.9 gm
Carbohydrates	15.4 gm
Fats	509.8 gm
Total Calories	9275.4 Calories