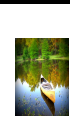





Meal 1

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

Meal 2

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

Meal 3

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

Meal 4

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

Meals Stats	
Macronutrient:	Amount
Proteins	1356.5 grams
Carbohydrates	24.15 grams
Fats	743.14 grams
Total Calories	12624.16 caloires