



Meal 1

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Food Name:

Serving Size:

Chicken Breast

100 (gm)
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Food Name:

Serving Size:

Lean Beef

100 (gm)

Meal 2

- 


Food Name:

Serving Size:

Chicken Breast

100 (gm)

Meal 3

- 

Food Name:

Serving Size:

Cheedar Cheese

100 (gm)

Meal 4

| Meals Stats | |
|----------------|----------------|
| Macronutrient: | Amount |
| Proteins | 87.0(gm) |
| Carbohydrates | 1.3(gm) |
| Fats | 43.0(gm) |
| Total Calories | 767.0 Calories |