

food	calories	carbs	protein	fats	weight	no. of servings	total calories
oatmeal	398	66.3	16.9	6.9	100	1	400
protein powder	160	9	22	4	35	2	320
banana	89	23	1.1	0.3	100	2	180
							900
chicken breast/co	165	0~	31	3.6	100	3	500
vegetables	35	6	2.5	0.4	100	2	70
oil	120	0	0	14	14	2	240
yoghurt	88	15	2.9	1.8	100	2	180
							990
biscuits	61				13.6	2	120