

MEAL PLAN MEMBER EXECUTIVE GYM

Nama: Andre

No. Kartu: 3

| Nama Makanan | Porsi | Kalori | Protein | Lemak | Karbohidrat |
|----------------------------|---------|------------|---------|---------|-------------|
| Mie ayam | 1000 gr | 1020 kcal | 62 gr | 39 gr | 105 gr |
| myprotein whey concentrate | 25 gr | 100 kcal | 18 gr | 2 gr | 3 gr |
| Mi basah | 400 gr | 352 kcal | 2.4 gr | 13.2 gr | 56 gr |
| Bihun Jagung. mentah | 275 gr | 973.5 kcal | 1.4 gr | 0.8 gr | 240.4 gr |