

Day	Breakfast	Composition	kcal	Protein (g)	Fats (g)	Carbs (g)	Fibers (g)
Sun	Spinach turkey breast egg roll	Whole eggs	211	18	13.5	3	
		Mozarella Cheese	45	3.33	3.32	0.36	
		Turkey breast	27	4.46	0.45	0.89	
		Spinach	3	0.45	0.04	0.56	0.4
			286	26	17	5	0
	AM snack	Composition					
	Mixed fruit	Kiwi fruit	18	0.34	0.16	4.4	0.9
		Pineapple	15	0.16	0.04	3.94	0.4
		Green apple	23	0.18	0.08	5.44	1.1
			56	1	0	14	2
	Lunch	Composition					
	Chicken Breast strips with veg. rice & mandi sauce	Grilled chicken	156.2	31.35	3.63	0	0
		White rice	91	1.88	0.2	19.72	0.3
		Mixed vegetables	55	2.96	0	11.03	1.8
		Tomato Sauce	14	0	0	2.86	1
			316	36	4	34	3
	PM snack	Composition					
	Lentil Soup	Carrots	35	0.76	0.18	8.22	3
		Celery	1	0.04	0.01	0.2	0.1
		Potatoes	8.6	0.171	0.01	2.001	0.2
		Lentils	23	1.8	0.08	3.91	1.6
		Onions	4	0.14	0.02	0.96	0.1
		Garlic	4	0.18	0.01	0.93	0.1
			76	3	0	16	5
	Salad	Composition					
	Tabouleh and Quinoa Salad	Quinoa	24	0.88	0.384	4.26	0.56
		Olive oil	44		5		
		Parsley	5.33	0.445	0.1183333333	0.95	0.5
			73	1	6	5	1
	Dinner	Composition					
	Vegetable Steak Roll	Asparagus	4	0.48	0.04	0.82	0.4
		Green beans	7	0.38	0.06	1.58	0.6
		Peas	13	0.8	0.03	2.34	0.8
		LF Mozerella Cheese	60	4.44	4.42	0.48	0
			307	45	12	5	2
				112	39	79	13
		Kcal	1114	Protein	Fats	Carbs	
				448	351	316	667

Macronutrient Breakdown

