

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
<b>Meal 1</b>						
Oat flakes, rolled	100g		381kcal	64g	10.9g	8.1g
Yogurt, greek, plain, 0% fat	150g		86kcal	5.9g	15.9g	0g
Whey protein isolate powder	20g		75kcal	0.3g	18g	0.3g
<i>Meal Total:</i>			<b>542kcal</b>	<b>70g</b>	<b>45g</b>	<b>8.4g</b>
<b>Meal 2</b>						
Chicken, light meat, raw	100g		106kcal	0g	24g	1.1g
Quinoa, red and white, raw	80g		247kcal	39.4g	11g	4g
Beans, green, raw	50g		12kcal	1.6g	1.1g	0.2g
<i>Meal Total:</i>			<b>365kcal</b>	<b>41g</b>	<b>36.1g</b>	<b>5.3g</b>
<b>Meal 3</b>						
Beef, mince, raw, extra lean	100g		130kcal	0g	21.9g	4.2g
Rice, white, jasmine, raw	100g		354kcal	78g	7.5g	0.7g
Peas, boiled in unsalted water	40g		31.6kcal	3.2g	2.7g	0.6g
<i>Meal Total:</i>			<b>516kcal</b>	<b>81g</b>	<b>32.1g</b>	<b>5.5g</b>
<b>Meal 4</b>						
Salmon, farmed, flesh only, raw	120g		260kcal	0g	24.5g	18g
Potatoes, new and salad, boiled in salted water, flesh :	250g		170kcal	34g	4.5g	0.3g
Broccoli, green, boiled in unsalted water	50g		14kcal	1.1g	1.7g	0.3g
<i>Meal Total:</i>			<b>444kcal</b>	<b>35.1g</b>	<b>30.6g</b>	<b>18.5g</b>
<b>Meal 5</b>						
Bagel, cinnamon and raisin	90g	1x average	265kcal	49g	9.5g	1.6g
Peanut butter, smooth	14g	1x heaped teaspoon	85kcal	1.7g	3.2g	7.3g
Chocolate, dark, 85-90% Cocoa	15g		95kcal	3.5g	1.4g	8g
<i>Meal Total:</i>			<b>444kcal</b>	<b>54g</b>	<b>14.1g</b>	<b>16.9g</b>
<b>Meal 6</b>						
Casein powder	30g	1x serving	113kcal	0.4g	27g	0.4g
<i>Meal Total:</i>			<b>113kcal</b>	<b>0.4g</b>	<b>27g</b>	<b>0.4g</b>
<i>Plan Total:</i>			<b>2424kcal</b>	<b>283g</b>	<b>185g</b>	<b>55g</b>

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## Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
<b>Intake</b>	282.6g	184.7g	55g	0g
<b>g/kg body-weight</b>	3.6	2.3	0.7	0
<b>Kilocal</b>	1190	739	495	0
<b>Kilocal %</b>	49.1%	30.5%	20.4%	0%

