

## Daily Macros (350 Cal Cut)

Breakfast	0 Cal	0 Fat	0 Carbs	0 Protein
Lunch	840 Cal	0 Fat	36 Carbs	126 Protein
Dinner	710 Cal	31 Fat	66 Carbs	45 Protein
<b>TOTAL</b>	<b>1550 Cal</b>	<b>31 Fat</b>	<b>102 Carbs</b>	<b>171 Protein</b>

### Breakfast

No intake while fasting.

### Lunch

Beans	210 Cal	0 Fat	36 Carbs	14 Protein
Chicken Breast	295 Cal	0 Fat	0 Carbs	56 Protein
Chicken Breast	295 Cal	0 Fat	0 Carbs	56 Protein
Vegetables	40 Cal	0 Fat	0 Carbs	0 Protein
<b>TOTAL</b>	<b>840</b>	<b>0 Fat</b>	<b>36 Carbs</b>	<b>126 Protein</b>

### Snacks

Peanuts

### Dinner

5 Eggs	350 Cal	25 Fat	0 Carbs	30 Protein
3 Bread (Green)	360 Cal	6 Fat	66 Carbs	15 Protein
<b>TOTAL</b>	<b>710 Cal</b>	<b>31 Fat</b>	<b>66 Carbs</b>	<b>45 Protein</b>