

Daily Macros (350 Cal Cut)

Breakfast	0 Cal	0 Fat	0 Carbs	0 Protein
Lunch	840 Cal	0 Fat	36 Carbs	126 Protein
Dinner	700 Cal	28 Fat	66 Carbs	47 Protein
TOTAL	1540 Cal	28 Fat	102 Carbs	173 Protein

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
TOTAL	840	0 Fat	36 Carbs	126 Protein

Snacks

Peanuts

Dinner

Tuna (Albacore)	140 Cal	2 Fat	0 Carbs	32 Protein
3 Bread (Green)	360 Cal	6 Fat	66 Carbs	15 Protein
Mayo (2 tbsn)	200 Cal	20 Fat	0 Carbs	0 Protein
TOTAL	700 Cal	28 Fat	66 Carbs	47 Protein