

Daily Macros (350 Cal Cut) 1600 Cal (30Fat /180Carbs/140Protein)

Breakfast	0 Cal	0 Fat	0 Carbs	0 Protein
Lunch	851 Cal	51 Fat	20 Carbs	74 Protein
Dinner	700 Cal	28 Fat	66 Carbs	47 Protein
TOTAL	1551 Cal	79 Fat	86 Carbs	121 Protein

Breakfast

No intake while fasting.

Lunch

Pulled Pork(300g)	765 Cal	51 Fat	0 Carbs	72 Protein
Yams(100g)	86 Cal	0 Fat	20 Carbs	2 Protein
TOTAL	851	51 Fat	20 Carbs	74 Protein

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