

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	710 Cal	31 Fat	66 Carbs	45 Protein
TOTAL	1561 Cal	82 Fat	86 Carbs	119 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

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