

Week 12

Medium Macros

Item	protein	Carbs	Fats	Calories
Omelet	23	19	10	258
Casserole	26	20	19	355
Oat Bar	24	18	16	312
Marg Chicken	25	4	14	242
Shepards Pie	28	20	12	300
Brazed	20	20	16	304
Mong Beef	36	22	13	333
PorkLoin	29	27	8	296

Medium Paleo

Omelet	23	4	10	198
Casserole	26	20	19	355
Oat Bar	24	18	16	312
Marg Chicken	25	4	14	242
Shepards Pie	28	6	14	242
Brazed	20	20	16	304
Mong Beef	36	22	13	333
PorkLoin	29	27	8	296

Large

Item	protein	Carbs	Fats	Calories
Omelet	23	19	10	258
Casserole	26	20	19	355
Oat Bar	24	18	16	312
Marg Chicken	31	8	16	300
Shepards Pie	35	25	15	375
Brazed	29	25	20	396
Mong Beef	43	28	17	437
PorkLoin	36	35	11	383

Large Paleo

Omelet	23	4	10	198
Casserole	26	20	19	355
Oat Bar	24	18	16	312
Marg Chicken	31	8	16	300
Shepards Pie	35	9	15	315
Brazed	29	25	20	396
Mong Beef	43	30	17	442
PorkLoin	36	35	11	383