



# Client Group Meals Report

Name: Sample Client Group  
Number of Clients: 20

Male  
Age Range: 20 year(s) to 28 year(s)

Total Days: 3  
Total Foods: 36  
Avg. Daily Kcals: 2383.746

Menu Name: Axya Sample Menu

|                | Breakfast   | Lunch  | Dinner  | Morning Snack                                       | Afternoon Snack         | Evening Snack                                 |
|----------------|---|--|---|---|-------------------------|---|
| Day 1 - Week 1 | Eggs, Fried<br><br>Bacon, Pork or Pork Side, Cooked<br>Milk, Strawberry (Leche Con Fresas)                          | Baked Salmon with Cucumber Dill Sauce<br>Drink, Cranberry Apple Juice<br>GOURMET HOUSE Rice, Wild, Cracked, Prepared | Broccoli and Onions Au Gratin<br>Brown Rice & Tofu Stir-Fry (Vegan)             | Grapefruit, Pink or Red                             | Pastry, Toaster, Fruit  | Blueberries                                   |
| Day 2 - Week 1 | KELLOGG'S FROOT LOOPS Cereal<br><br>Milk, Whole 3.3%<br>Coffee, Brewed<br><br>Cream, Coffee or Table, Liquid, Light | SUBWAY Sandwich, BLT, Wheat Bread, 6 Inch<br>ARIZONA Black Iced Tea, Lemon Flavor<br>LAY'S FLAMIN' HOT Potato Chips  | Pasta, Fettuccine with Eggplant and Zucchini<br>Bread, Garlic, Toasted<br>Water | ALMONDINA Cookies, Dark Chocolate Dipped, 72% Cocoa | Cappuccino              | Watermelon                                    |
| Day 3 - Week 1 | KASHI GOLEAN Waffles, Original<br><br>Syrup, Maple<br><br>Oatmeal, Cooked with Milk<br><br>Water, Tap               | Quinoa, Cooked<br>Chicken Gola Kabab Salad<br>FUZE Iced Tea, Green Tea w/Honey, Fresh Brewed                         | LITTLE CAESARS Pizza, 3 MEAT TREAT, 14 inch<br>COCA-COLA Soda, Vanilla Coke     | Almonds, Dry Roasted, Salted                        | Chips, Potato, Barbecue | BASKIN ROBBINS Ice Cream, New York Cheesecake |