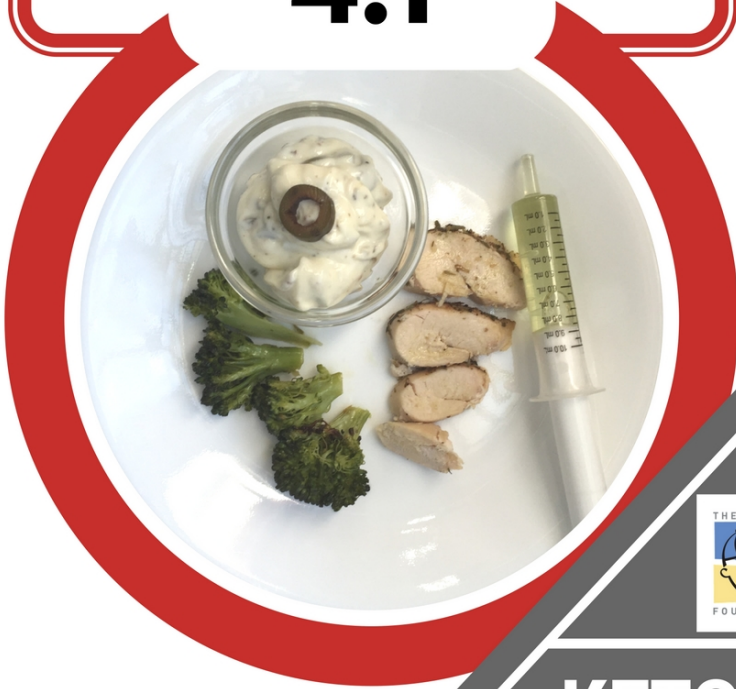


20g broccoli  
23g chicken breast  
11g green olives  
31g mayonnaise  
13g olive oil  
(5g mixed w/ mayo)

400 Calories  
Fat: 39.96g  
Protein: 8.06g  
Carb: 1.93g

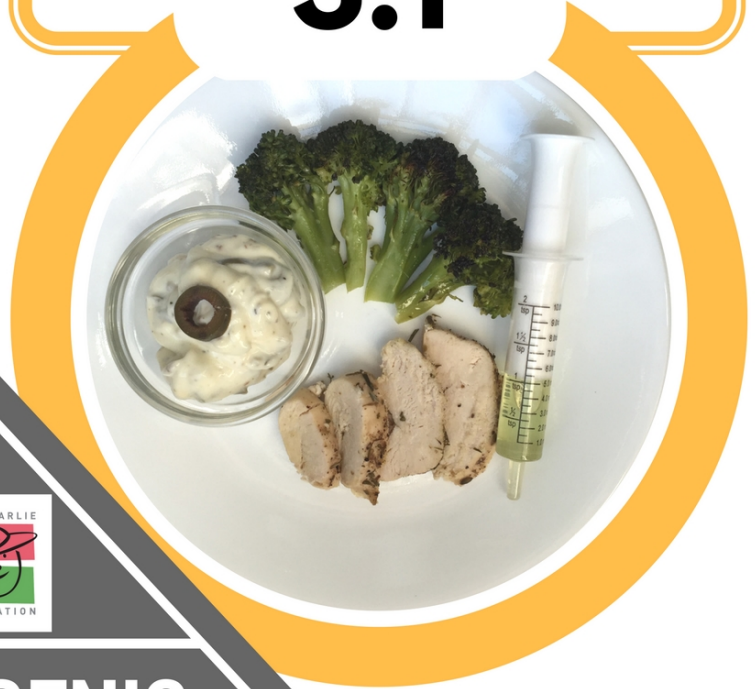
**4:1**



30g broccoli  
30g chicken breast  
15g green olives  
32g mayonnaise  
10g olive oil  
(5g mixed w/ mayo)

400 Calories  
Fat: 38.64g  
Protein: 10.52g  
Carb: 2.36g

**3:1**



# KETOGENIC

Meal  
Comparison

64g broccoli  
40g chicken breast  
17g green olives  
1g parsley  
32g mayonnaise  
7g olive oil  
(mixed w/ mayo)

400 Calories  
Fat: 36.45g  
Protein: 14.49g  
Carb: 3.72g

**2:1**



95g broccoli  
75g chicken breast  
35g green olives  
2g parsley  
22g mayonnaise  
5g olive oil  
(mixed w/ mayo)

400 Calories  
Fat: 30.74g  
Protein: 26.18g  
Carb: 4.71g

**1:1**

