Phase 1

Phase 2

Phase 3

BREAKFAST

BREAKFAST

BREAKFAST







Proteins Veggies Healthy Fats Proteins** Veggies Grains Fruit



SNACK









Proteins Veggies (optional)



Healthy Fats*** Veggiess

LUNCH









Proteins Veggies



Healthy Fats **Proteins** Veggies Fruit SNACK

SNACK

Fruit





Healthy Fats*** Veggies

Veggies





DINNER

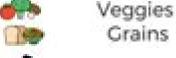
DINNER **Proteins**



Proteins Veggies

Proteins







Grains (optional)

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