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Day Protein Carbohydrates Fat Calories 3 Oz Chicken 25 0 2 140 5 Oz Sweet Potato  
(skinned) 2 24 0 103 1 Cup Broccoli 3 6 0 35 1 Teaspoon Olive Oil 0 0 5 45 Total 30  
30 7 323 Dinner Protein Carbohydrates Fat Calories 7 Oz Tilapia Or White Fish 29 0  
2.5 136 2th, 2024.  
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Calories Breakfast Protein Carbohydrates Fat Calories 8 Egg Whites 29 0 0 137 1  
Whole Eggs 6 0 5 72File Size: 1MB 2th, 2024SAMPLE MEAL PLAN - 2500 CALORIES -  
Bodybuilding.com4.5 Lbs Chicken Or Lean Turkey 2.75 Lbs Tilapia Or White Fish 2  
Loaves Whole Wheat Or Multigrain Bread (low Fat) 2/3 Lbs Dry Oats 2 Lbs Raw  
Brown Rice 3 Lbs Sweet Potatoes 2 Cartons Berries (you Can Buy Frozen) 2 - 3 Small  
Avocados 7 Apples 1.5 Lbs Broccoli 3 Lbs Mixed Vegetables 1.5 Lbs 3th, 2024Full  
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Individualized Meal Planning Technique. Medication And Activity Level Must Be  
Taken Into Account, And Since These Change From Person To Person, So Does The  
Carb Counting Meal Plan. It Can Take Some Time To Figure Out The Right Amount  
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PLAN. MEAL #1 / BREAKFAST. Alm-size Portion Of Protein • P • 2-3 Fistfuls Of High-fiber Carbohydrate • 1-2 Servings Healthy Fats. SAMPLE MEAL: O. Omelet: 3 Whole Eggs, 4 Egg Whites, Red Bell Pepper, Red Onion, And Cilantro O1 Cup Oatmeal With Cinnamon, Pumpkin Spice, And Sweetener Of Choice O. 1 Fistful Fresh Fruit, Added To ...File Size: 118KB 2th, 2024.

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