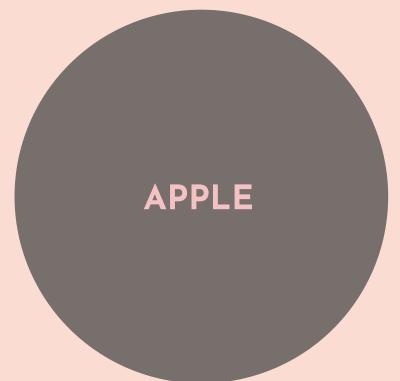
EXAMPLE DAY OF EATING

1500 CALORIES & 120G PROTEIN

MEAL ONE

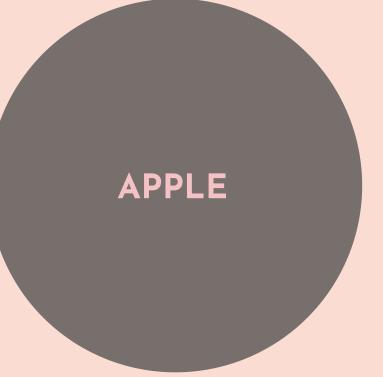


MEAL FOUR





MEAL THREE



MEAL FIVE

