

YOUR 1,200-CALORIE DAY

BREAKFAST

300

SNACK #1

150

LUNCH

300

SNACK #2

150

DINNER

300

YOUR 1,600-CALORIE DAY

BREAKFAST

400

SNACK #1

150

LUNCH

450

SNACK #2

150

DINNER

450

Focus 25 Nutrition Guide

J Rink



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