

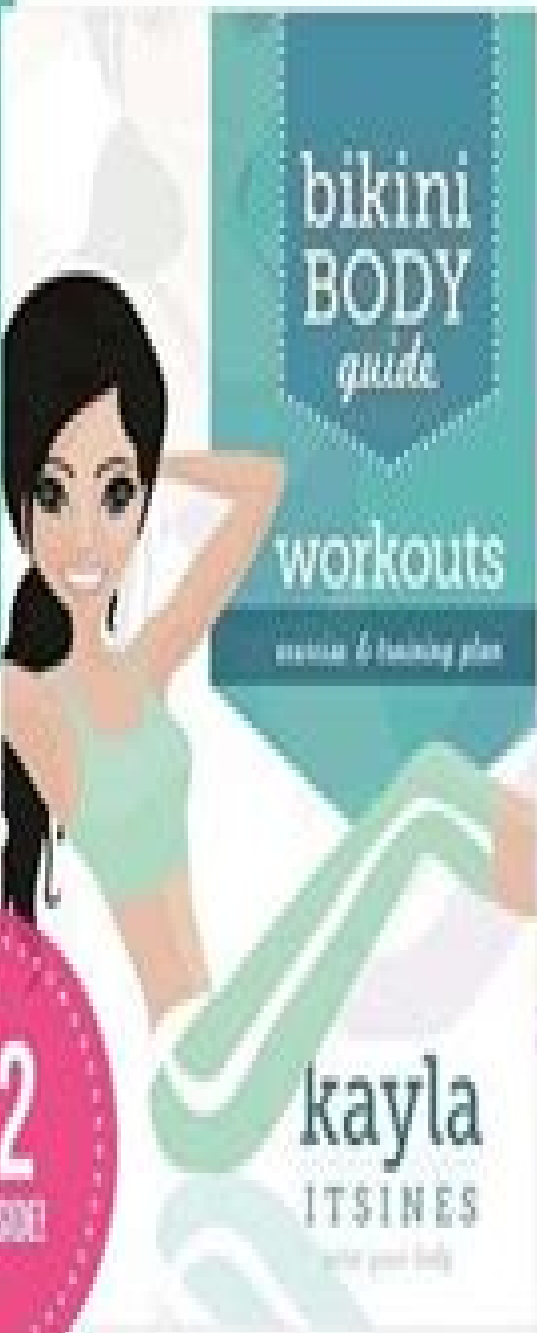
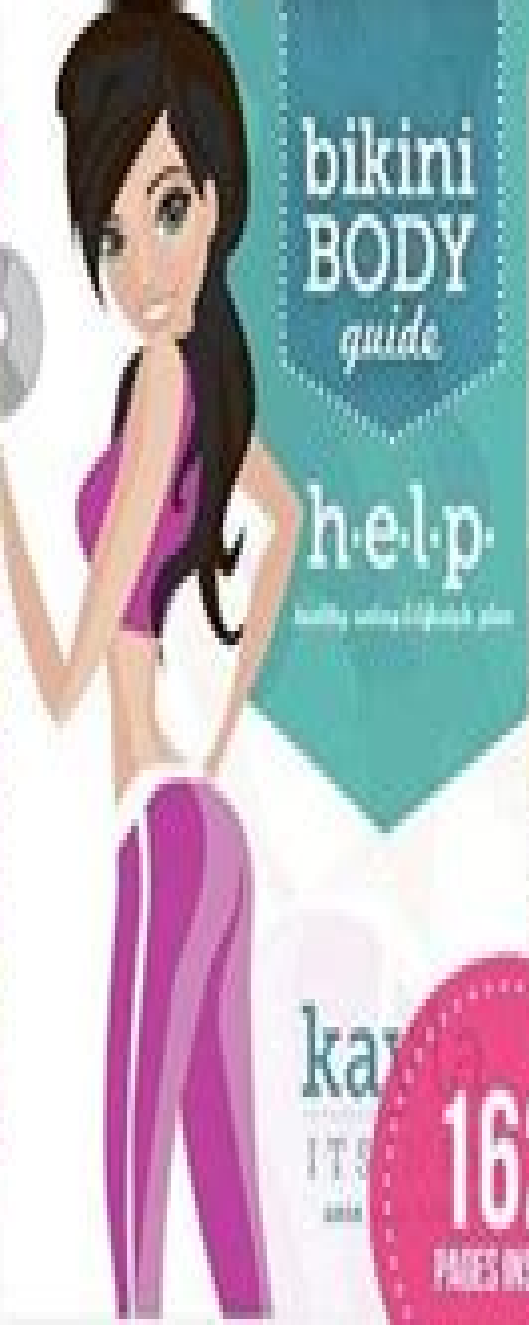
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Meal	Calories	Protein	Carbs	Fat
Breakfast	250	15g	30g	10g
Lunch	350	20g	40g	15g
Dinner	450	25g	50g	20g
Snack	150	10g	20g	5g
Total	1000	70g	140g	50g



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