

# BREAKFAST: Mounjaro/Ozempic/Wegovy Weight Loss

women: up to 200 cal  
men up to 240 cal

Low carb pita, wrap, crackers



50-90 cal, 5-9 carbs

Add to wrap, pita or crackers:

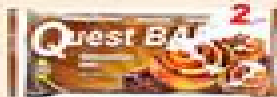
1. ham turkey bacon
2. 2
3. 2 oz low fat turkey bacon or cheese = 200 cal/2 carbs.

	WOMAN	MAN
Maintain	1800 cal	2000+cal
Lose Weight	1100 cal	1450 cal
carbs.	< 50 g	< 50 g
protein	>80 g	> 100 g

Typical Breakfasts



Quick-On-th-Run: high protein:



Just Crack an Egg 120/2/18



170 cal/5carbs



210cal/ 4 carbs

Low Carb Dairy Products



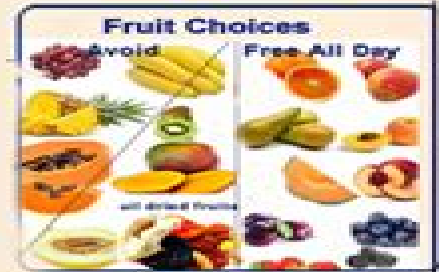
90cal/5 carb



60cal/6



35-45 cal 2-5 carb



Beverages & Condiments

Beverages (low calorie & sugar) free all day including diet sodas, coffee, tea, add artificial sweeteners



\*Nutrient Code: calories/ net carbs/ protein  
All carbs are net carbs: total carbs-fiber -sugar alcohols

# Weight Loss Plan Compare

**Lei Shi**



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