

LUNCH: Mounjaro/Ozempic/Wegovy Weight Loss

Jimmy Johns

calories: 350-400

NO: rice, pasta, potato, beans, quinoa .



ham, tuna, chicken, turkey, low fat mayo, mustard
450/8/15



salads: unlimited vegetables, low fat dressings, no seeds, nut croutons
250/3/22



Low carb wrap
tuna, chicken, turkey, beef, ham, cheese, mustard. NO MAYO
250/6/16



215/2/14

Chicken Kitchen No carb chop chop



300/3/30



Burger: hold bun
6oz: 400/3/40



grilled chicken, fish no skin, no carb
6oz: 230/3/40



Tuna, chicken, egg salad & Melba toast
1cup: 383/10/30



Kani Sushi

no rice 150/2/15

Quick Low Carb/High Protein Lunches



Low Carb Chipolte Bowl



Snacks @ 3-7 pm: Prevents Hunger at Dinner



many no chocolate

cheese wrapped with turkey

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S Ben Porath



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Health News ,1925 *Ohio health news. 1926-35* ,1926 **Plunkett's Advertising & Branding Industry Almanac** ,2007
Bell Telephone News ,1912 Medical and Health Information Directory Amanda Quick,Gale Group,2002-12
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Index to USA Today ,1986

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