

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

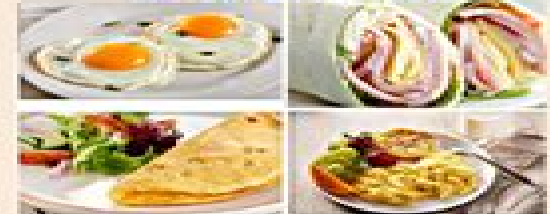
Add to wrap, pita or crackers:



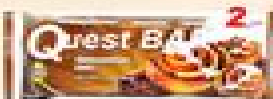
200 cal/2 carbs.

	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

Frozen Breakfasts



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 Setup

Sabine Zange



Weight Loss Plan Compare Setup:

Enjoying the Melody of Term: An Psychological Symphony within **Weight Loss Plan Compare Setup**

In some sort of used by monitors and the ceaseless chatter of immediate communication, the melodic beauty and psychological symphony produced by the prepared word frequently disappear into the back ground, eclipsed by the relentless noise and distractions that permeate our lives. But, located within the pages of **Weight Loss Plan Compare Setup** a stunning fictional prize filled with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts visitors on an emotional trip, well unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths with this moving examination, we can investigate the book is main harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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