

# BREAKFAST: Mounjaro/Ozempic/Wegovy Weight Loss

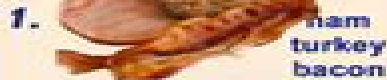
women: up to 200 cal  
men up to 240 cal

Low carb pita, wrap, crackers



50-90 cal, 5-9 carbs

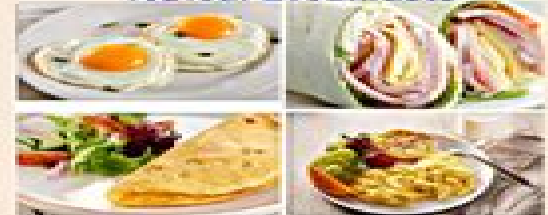
Add to wrap, pita or crackers:



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

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

**Michael Brown**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

## **Weight Loss Plan Compare:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Weight Loss Plan Compare** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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