

BREAKFAST: Mounjaro/Ozempic/Wegovy Weight Loss

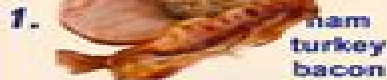
women: up to 200 cal
men up to 240 cal

Low carb pita, wrap, crackers



50-90 cal, 5-9 carbs

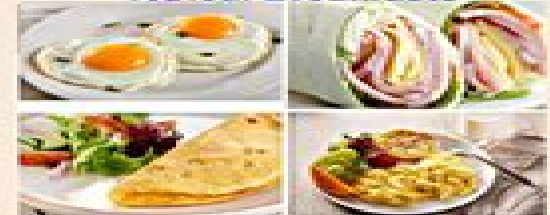
Add to wrap, pita or crackers:



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

Joan T. Casale



Weight Loss Plan Compare:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Compare**

In a world inundated with monitors and the cacophony of quick connection, the profound energy and mental resonance of verbal beauty usually disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, situated within the musical pages of **Weight Loss Plan Compare**, a captivating function of fictional elegance that pulses with organic thoughts, lies an remarkable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that magical opus instructions visitors on a mental odyssey, softly exposing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its charming writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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