BREAKFAST: Mounjaro/Ozempic/Wegovy Weight Loss



WOMAN	MAN
1800 cal	2000+cal
1100 cal	1450 cal
< 50 g	< 50 g
>80 g	> 100 g
	1800 cal 1100 cal < 50 g



Fruit Choices

Free All Day

Quick-On-th-Run: high protein





Just Crack an Egg 120/2/18





Low Carb Dairy Products











35-45 cal 2-5 carb

Beverages & Condiments

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













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

Weight Loss Plan Compare

Daniela Niemeyer



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