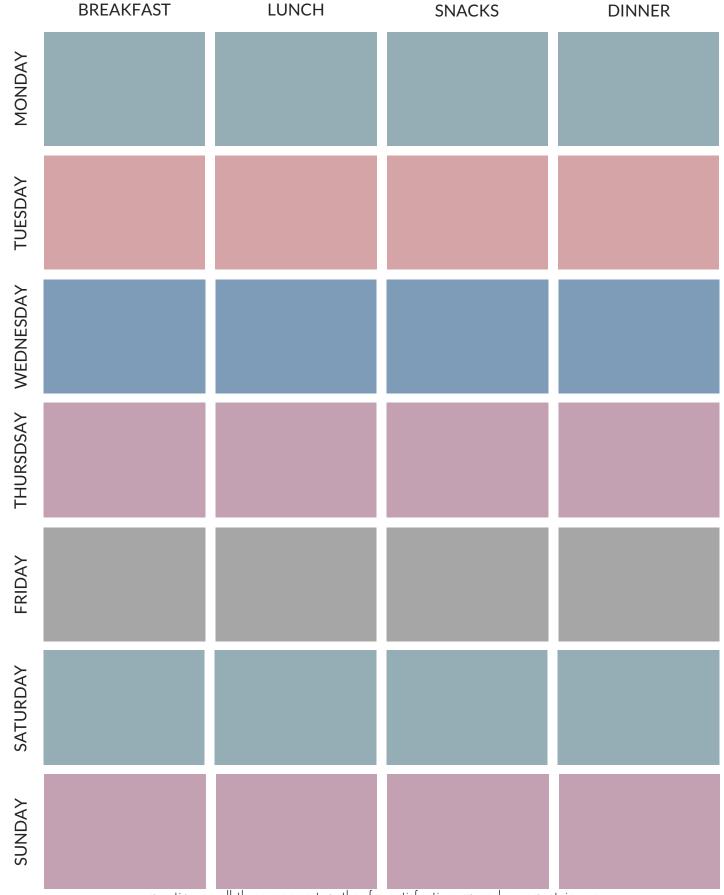


weekly meal plan



pro tip: use all three macros together for satisfaction- spread your protein over all meals and snacks- eat one thing a day (at least) that you love!