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1 Bacon, 1 Low Carb Sausage, 1 Fried Egg & ½ Grilled Tomato Snack 1 Cooked Chicken Leg Atkins Mar 2th, 2024

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3 Main Meals With 3 Snacks - Pure Plant Based Clean Meals ...

Dinner Keeps Those Belly Flat For Evening Times.. SPINACH GINGER DIJON MUSTARD CASEROLE Served With TOMATO CHICKPEA STEW + Golden Gown

Casserole (Flax Seed Based) BREAKFAST -SMILEY BOWL -High Protein Nutrients...healthiest Breakfast To Start- FIGS, Cherries, Raw ALMONDS , CHIA Based Overnig Feb 1th, 2024

3 MEALS 6 MEALS MEAL FREQUENCY, STRENGTH-TRAINING ...

Energy Balance Of Approximately 1200 KJ/day, A Protein Intake Of 1.5-1.7 G/kg/day And A Carbohydrate Intake Of 5-7 G/kg/day (Table 1). During The Training Period The Dietary Intake Was Controlled By Repeated 24-hours Recalls. All Participants Performed The Same Periodized 2-s Feb 1th, 2024

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