1200 Calorie High Protein Low Carb Meal Plan

1151 cal / 153 g protein, 86 g carbs, 16 g fat

Health Beet

BREAKFAST

Egg whites, cheese,
NF Greek yogurt and Fruit

LUNCH

Green salad with
chicken and dressing

DINNER

Ground beef,
cooked vegetables,
low calorie pasta

SNACK OR DESSERT

Protein Ice Cream

Slim A Lowfat Low Carb Eating Plan For Life

K Morrison

Slim A Lowfat Low Carb Eating Plan For Life:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Slim A Lowfat Low Carb Eating Plan For Life** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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