

1200 Calorie High Protein Low Carb Meal Plan

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

🍷 Health Beet



breakfast

BREAKFAST

Egg whites, cheese,
NF Greek yogurt and Fruit



lunch

LUNCH

Green salad with
chicken and dressing



snacks

DINNER

Ground beef,
cooked vegetables,
low calorie pasta



dinner

SNACK OR DESSERT

Protein Ice Cream

Slim A Lowfat Low Carb Eating Plan For Life

Ira Edwards



Slim A Lowfat Low Carb Eating Plan For Life:

Ignite the flame of optimism with is motivational masterpiece, **Slim A Lowfat Low Carb Eating Plan For Life** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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