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The Most Individualized Meal Planning Technique.

Medication And Activity Level Must Be Taken Into

Account, And Since These Change From Person To

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Take Some Time To Figure Out The Right Amount Of

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BREAKFAST. Alm-size Portion Of Protein • P • 2-3 Fistfuls

Of High-fiber Carbohydrate • 1-2 Servings Healthy Fats.

SAMPLE MEAL: O. Omelet: 3 Whole Eggs, 4 Egg Whites,

Red Bell Pepper, Red Onion, And Cilantro O1 Cup

Oatmeal With Cinnamon, Pumpkin Spice, And

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