

EAT ANYTHING



CALORIE REDUCTIONS (based on 1500 calorie daily limit)			
Meal type	Usual calories per meal	Amount of calories cut	New calorie total per meal
Breakfast	300	150	150
Lunch	400	200	200
Dinner	500	250	250
Snack 1	150	0	150
Snack 2	150	0	150
Total calories per day	1500	600	900

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Lunch			
Dinner			
Snack 1			
Snack 2			
Total calories per day			