



Meal	Protein	Carbohydrate	Fat	Fiber	Other
Meal 1	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 2	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 3	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 4	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 5	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 6	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 7	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 8	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 9	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg
Meal 10	Almonds	Carrots	Broccoli	Tomatoes	Hard-boiled egg

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Camilla Rothe



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