

Breakfast

Rest Day

recipes:

Nutritional Value:

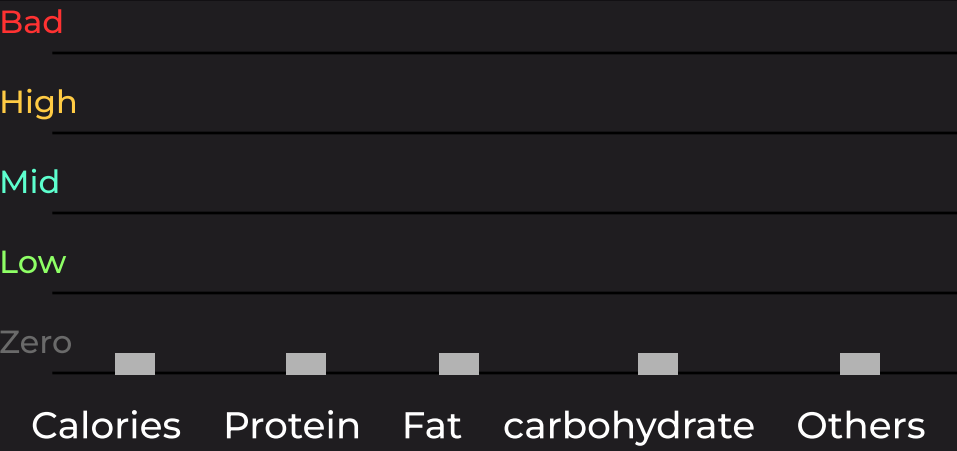


Lunch

Rest Day

recipes:

Nutritional Value:



Dinner

Rest Day

recipes:

Nutritional Value:

