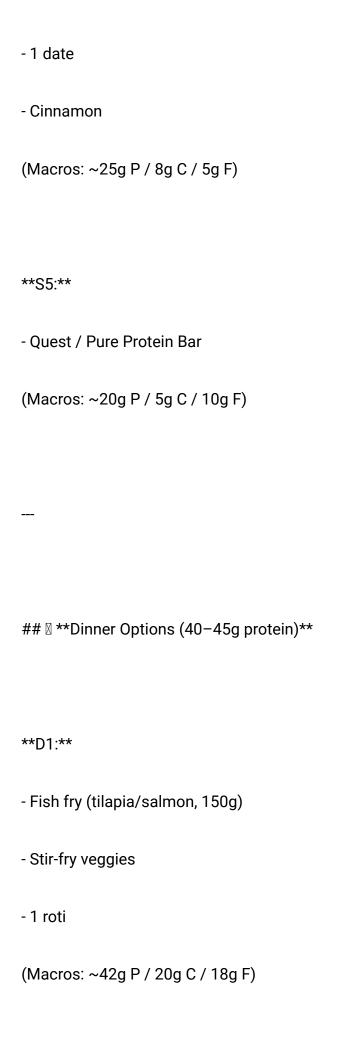
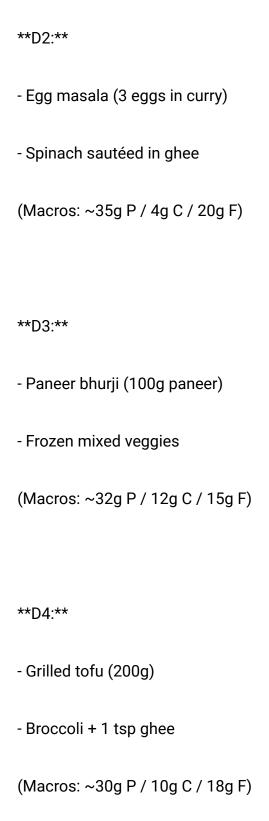


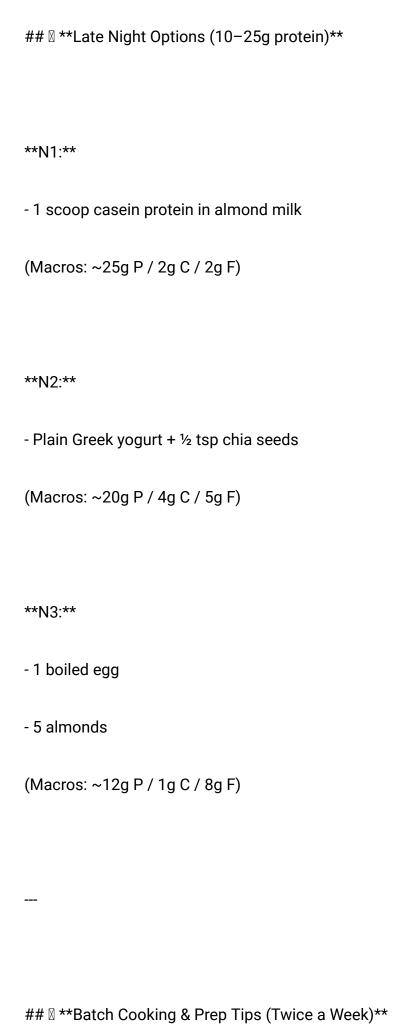
```
**S1:**
- 1 scoop whey protein + 1 tbsp peanut butter
(Macros: ~30g P / 4g C / 12g F)
**S2:**
- 150g Greek yogurt
- 5 almonds
(Macros: ~22g P / 6g C / 8g F)
**S3:**
- 2 boiled eggs
- Hummus (1 tbsp) + cucumber slices
(Macros: ~20g P / 3g C / 15g F)
```

- 150g cottage cheese

S4:









You can now paste this into a Word/Google Doc and **export as PDF**. Want me to email you a Word version or build a Google Sheet for tracking too?