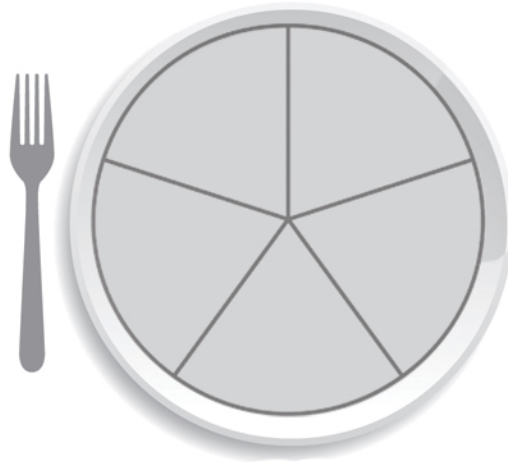


# Meal Plan Challenge

Goal: moderate breakfast of xxx calories out of xxxx daily calories



Your meal: xxx calories



Banana (xxx calories per serving)



Toast (xxx calories per serving)



Milk (xxx calories per serving)



nutritious calories



empty calories