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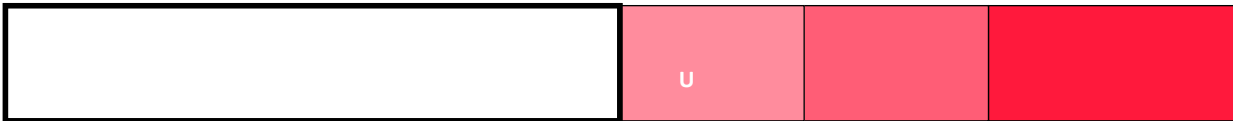


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Calories In < Calories Out = Weight Loss

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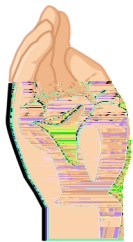
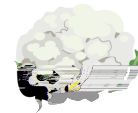
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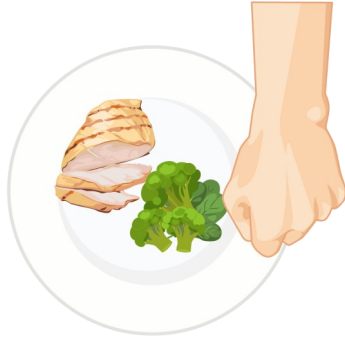
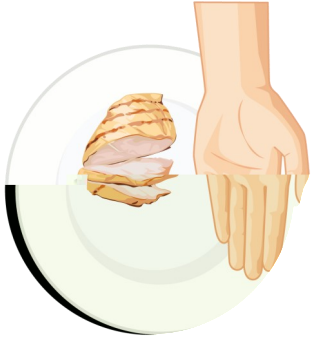
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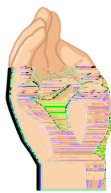


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LEAN PROTEIN



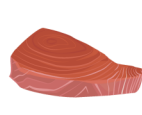
Egg Whites



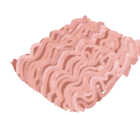
Pork tenderloin



Chicken Breast



Tuna



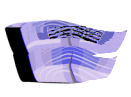
Ground meat
96% lean



Cod



Casein /
Whey protein powder



Tilapia



Shrimp



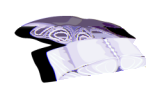
Scallops



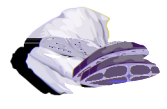
Mussels



Boneless Skinless
Turkey Breasts



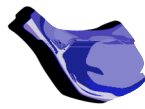
Halibut



Other Lean
Cuts



Eggs



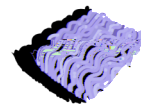
Pork chops



Flank steak



Chicken thighs



Ground meat
93/7% lean



Milk



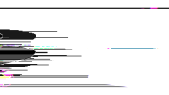
Fat free
cottage cheese



Protein bars
and yogurt



Salmon



Salmon



Salmon



Salmon



Salmon
Greek yogurt
Sandy yogurt



Edamame



Tofu



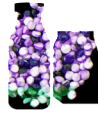
P
Is



Sweet potatoes



Potatoes



Plain kefir



Whole-grain, black
and wild rice



Plain yogurt



Whole grain
Baked goods



Fresh or
frozen veggies



Beans and
lentils



Oats



Quinoa



Sw



Corn



Fresh or
frozen fruits



Milk



F



Sesame oil



Oil based
salad dressings



Egg yolks



Cheese



Nut milks



Nut butters



Butter



Extra virgin
olive oil



Walnut oil



Avocado oil



Almonds



Pecans



Cashews

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**BUBBIE WAS
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**BUBBIE WAS
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Try not to let it bother you! Don't

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200.

Remove the calories from either fat or carb servings. Keep protein intake the same.

In hand size portions you would take 1-2 servings from either thumb or cupped hand portions.

ffff

Add in 20 mins of cardio

Add in 30 - 40 min of more walking (NEAT)



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you can't revert back to old habits and behaviors

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**BUBBIE WAS
CHUBBIE**



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but that's ok.

**BUBBIE WAS
CHUBBIE**

