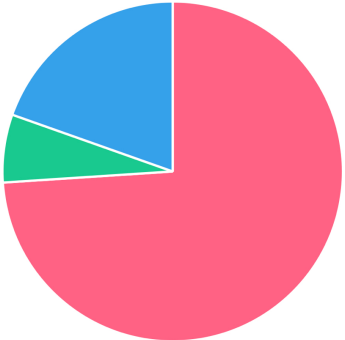


D A Y	Meal 1	Snack	Meal 2	Snack	Macronutrients			
1	<p>Egg Scramble</p> <p>2 Scrambled Eggs 1 Cup Fresh Spinach 1/2 Cup Sliced Tomato 1 Tbs Butter</p> <p>1 cup Fresh Raspberries</p>	<p>1/4 cup Walnut Halves</p> <p>1 Cheese Stick</p>	<p>Grilled Chicken Salad</p> <p>2 Cups Mixed Lettuce Greens 1/2 Cucumber 1/2 cup Fresh Mushrooms 1 Tbs Sunflower Seeds 1/4 cup Feta Cheese 1/2 Avocado 2 Tbs Olive Oil Fresh Lemon Juice Small Grilled Chicken Breast, 4 oz</p>	<p>1/2 Cucumber (sliced)</p> <p>2 Tbs. Creamy Dressing</p>	<div data-bbox="1444 526 1923 581" style="background-color: #007bff; color: white; padding: 5px; text-align: center; font-weight: bold;">DAY 1 MACROS</div> <div data-bbox="1451 610 1917 1377" style="border: 1px solid #ccc; padding: 10px;"> <p data-bbox="1472 630 1577 651">My Macros</p> <p data-bbox="1780 630 1898 651" style="text-align: right;">Actuals ▼</p>  <table data-bbox="1472 1052 1898 1203" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="background-color: #28a745; color: white; padding: 5px;"> <p data-bbox="1633 1057 1738 1078">6% Net Carbs</p> <p data-bbox="1633 1078 1738 1099">25g - 98 Calories</p> </td> </tr> <tr> <td style="background-color: #e91e63; color: white; padding: 5px;"> <p data-bbox="1654 1110 1717 1131">74% Fat</p> <p data-bbox="1623 1131 1749 1153">125g - 1126 Calories</p> </td> </tr> <tr> <td style="background-color: #007bff; color: white; padding: 5px;"> <p data-bbox="1640 1164 1732 1185">20% Protein</p> <p data-bbox="1629 1185 1743 1206">75g - 298 Calories</p> </td> </tr> </table> <p data-bbox="1472 1263 1898 1365" style="font-size: 0.8em; margin-top: 10px;">Macronutrient ratios are based on the share of calories in your diet, with carbs and protein contributing 4 calories / gram, and fat 9 calories / gram. The total may vary somewhat from your recorded calorie intake due to variability in how nutrition labels derive calories from macronutrients.</p> </div>	<p data-bbox="1633 1057 1738 1078">6% Net Carbs</p> <p data-bbox="1633 1078 1738 1099">25g - 98 Calories</p>	<p data-bbox="1654 1110 1717 1131">74% Fat</p> <p data-bbox="1623 1131 1749 1153">125g - 1126 Calories</p>	<p data-bbox="1640 1164 1732 1185">20% Protein</p> <p data-bbox="1629 1185 1743 1206">75g - 298 Calories</p>
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