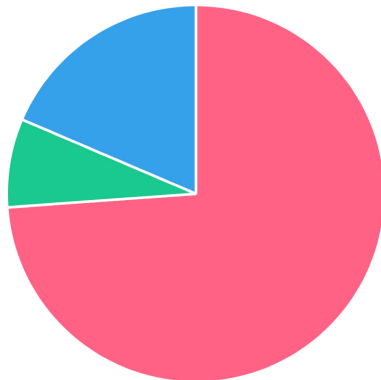


D A Y	Meal 1	Snack	Meal 2	Snack	Macronutrients						
Day 2	Spinach, Mushroom and Feta Omelette 2 Eggs 1 Cup chopped Mushrooms 1/4 Cup Feta 1 Tbs Butter	2 Tbs Guacamole 4 Celery Stalks	Bacon Avocado Salad 2 Cups Mixed Greens 1/2 Avocado 3 Slices Crumbled Nitrate Free Bacon 3 TBS Roasted Pumpkin Seeds 6 Grape Tomatoes 1/4 Cup blue Cheese Crumbles 1 Tbs. Olive Oil Lemon Juice to taste	1 Cup Raspberries	<div>DAY 2 MACROS</div> <div><table><tr><td>8% Net Carbs</td></tr><tr><td>22g - 86 Calories</td></tr><tr><td>74% Fat</td></tr><tr><td>93g - 839 Calories</td></tr><tr><td>19% Protein</td></tr><tr><td>53g - 211 Calories</td></tr></table></div> <div>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.</div>	8% Net Carbs	22g - 86 Calories	74% Fat	93g - 839 Calories	19% Protein	53g - 211 Calories
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