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| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **FOOD**  **(include general contents)** | PROTEIN g | FATS g | CARBS g | CALORIES | **WATER/DRINK**  **(if has calories, include in previous category)** |
| *1:00p* | *Omellete w/veggies+cheese* | *25* | *14* | *45* | *406* | *Water + orange juice* |
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|  |  |  |  |  |  |  |
| TOTALS: | 1g protein= 4cal  1g carb= 4cal  1g fat= 9 cal |  |  |  |  |  |