

Carbohydrate/Fruit <i>Fist-sized portion each meal</i>		Protein <i>Palm Sized portion each meal</i>	Fat <i>Thumb-sized portion each meal</i>	Vegetables <i>2 Fist-sized portion with 2 meals</i>
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				

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