

### Mini Meal

Cal:160  
Carb: 15g or less  
Fat: 7g or less  
Prot: 20g

### Power Meal

Cal: 326.5 or less  
Carb: 22.3g or less  
Fat: 12g or less  
Prot: 35g or more

### Daily Intake

Cal:1300  
Carb: 97g or less  
Fat: 50g  
Prot: 145g or more

POWER MEAL

MINI MEAL

MINI MEAL

POWER MEAL

POWER MEAL

WATER & EXERCISE