

Mini Meal

Cal:110
Carb: 15g or less
Fat: 5g or less
Prot: 10-15g

Power Meal

Cal: 260 or less
Carb: 20g or less
Fat: 6.5g or less
Prot: 16.5g or more

Daily Intake

Cal:800-1000
Carb: 90g or less
Fat: 30g or less
Prot: 70g or more

POWER MEAL

MINI MEAL

MINI MEAL

POWER MEAL

POWER MEAL

WATER & EXERCISE