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| Meal | Food | Carbs (g) | Fat (g) |
| Breakfast | Greek Yogurt (226g) + Mixed Berries (1 cup) + Walnuts (30g) | 30 | 25 |
| Lunch | Grilled Chicken Breast Salad (120g chicken breast, mixed greens, olive oil vinaigrette) + Whole Wheat Bread (2 slices) | 40 | 30 |
| Snack | Skim Milk (1 cup) + Apple Slices (1 apple) | 15 | 20 |
| Dinner | Salmon with Roasted Vegetables (150g salmon, broccoli, carrots, sweet potato) | 35 | 30 |

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