



# Nec Dtr 16d 1a Manual

**J Rink**

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web rest day meal plan breakfast meal 1 1 cup old fashioned oatmeal 80g measured uncooked  $\frac{3}{4}$  cup egg whites 4 omega 3 whole eggs 1 tbsp virgin coconut oil mid morning meal 2 2 cups low fat cottage cheese 4 tbsp salsa 1 scoop whey protein isolate of choice lunch meal 3 2 slices ezekiel 4 9 bread 6 oz turkey breast deli sliced not

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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