KRMOTION COM

COMBINE 1 - 2 FATS WITH 1 CARB AND 2 PROTEINS FOR 500 CALORIES EAT AS MANY UNLIMITED VEGGIES ON TOP OF THIS AS YOU CAN

### **600D FATS**



26 FAT 26 PROTEIN 16 PROTEIN 76 FAT



1 CUP ALL 1 LARGE APPLE BERRIES 306 CARBS 226 CARRS



CLEMENTINES 25 GRAPES **206 CARBS** 206 CARBS



2 CUPS WATERMELON 226 CARBS

1 RIPE BAMAMA 276 CARBS



2 KIWI 226 CARBS



246 CARBS



1 CUP PINEAPPLE



1 PEAR

## FRUITS (CARB) VEGGIES (CARB)



2 CUPS

BROCCOLI

2 CUPS

RUTABAGA

246 CARBS

7 BRUSSEL SPROUTS 116 CARSS









1 MEDIUM ONION 106 CARBS

### UNLIMITED VEGGIES

LETTUCE GINGER SPINACH CABBAGE CELERY ZUCCHINI RADISH TOMATOES **GARLIC CUCUMBER** 

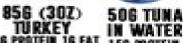
> SAURKRAUT GREEN ONION MUSHROOMS

### PROTEINS



1/2 CUP 1 LARGE EGG 46 PROTEIN **66 PROTEIN 16 FAT** 







TURKEY















2 TBS WHEY 206 PROTEIN

### THINGS TO REMEMBER

ONLY 1 SERVING OF FRUIT A DAY. YOU CAN SPLIT YOUR SERVINGS IN HALF TO EAT AT DIFFERENT TIMES OF THE DAY YOU CAN SPLIT CARB SERVINGS AND COMBINE THEM WITH OTHER TYPES AS LONG AS IT DOES NOT GO OVER 30G OF CARBS TRY TO AIM FOR 12-246 OF PROTEIN PER MEAL. THE MORE THE MERRIER

# **Mexican Food Calorie Guide**

**Veena Manjit Singh** 



Immerse yourself in the artistry of words with Crafted by is expressive creation, Immerse Yourself in **Mexican Food Calorie Guide**. This ebook, presented in a PDF format ( PDF Size: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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