HealthDY
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1300 CALORIE MEAL PLAN

A BALANCED DAILY MEAL GUIDE FOR HEALTHY LIVING

	Breakfast	Snack	Lunch	Snack	Dinner	Water
DAY 1	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 2	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 3	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 4	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 5	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 6	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily
DAY 7	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• **Calories: ___** • Protein: ___ g • Carbs: ___ g • Fats: ___ g	8 glasses or 2L daily