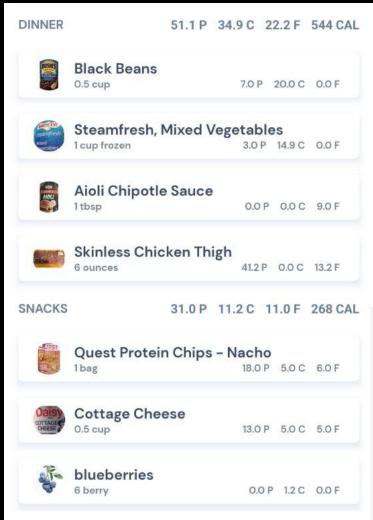


Text Coach or Send Message in TrueCoach if You Have Questions





Use this GUIDE to Hit 1500 - 1700 CAL/DAY

Look at Your HEALTHY FOODS List for Clean, Strict Food

Substitutes for each Block

Need More Calories?

Increase Protein or Veggie Servings or Add 200-300 Calorie Protein Shake to HIT Your Calories

Need Less Calories?

REDUCE Your CARB portions of meals to LOWER Your Calories to STAY UNDER Your Daily Numbers