

Diet

	Beginner/Feeling Good	Looking Great
	3 Fruits 1 NM-Protein	1 Large Fruit 1 NM-Protein
	1 Large Fruit	1 Fruit
	600	
	3 Veggies 1 Protein 1 Carb	3 Veggies 1 Protein/Carb
	Whatever (M/W/S/S)	Whatever (M/W/S/S)
	500	
	Salad 1 NM-Protein 1 Fruit	Salad 1 Large Fruit

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L Darling-Hammond



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