

My *Get Lean~* Eating Plan

Calorie Target~ 1,400-1,599

Per Day

| | | |
|------------|----------------------------|--|
| 5 Servings | Primary Vegetables | |
| 2 Servings | Secondary Veggies & Grains | |
| 2 Servings | Fresh Fruit | |
| 5 Servings | Lean Protein | |
| 4 Servings | Healthy Fats | |

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