

WEIGHT LOSS TRACKER

For him

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Use macronutrients chart to create a meal

Build Your Diet

Choose your diet

- Low carb
- Keto
- Carnivore
- Vegan, etc

Create your meal

- Choice of carbs- 1 cup
- Protein- 6 oz - 10oz
- Healthy fats- 1- 2 tbsp

Meals per Day

- 1- Meal (OMAD)
- 2- Meals
- 3- Meals

This is just an example of diets to help you on your journey. Find a diet that fits you, helps you, and most importantly gives the results you want.