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Recipeincluded DAY 1 DAY 2 DAY 3 DAY 6 1
MushroomOmelet 1cup_ Freshstrawberries 12oz_
Cottagecheese,1% 1_ ProteinShake 4slices_
Turkeybacon 1_ ChickenScramble 8oz_ Fresh-
squeezedjuice 1_ SoySausageMuffin 12oz_ Skimmilk 1_
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