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to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram
of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to
limit include the following thin bread tortillas wraps

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