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## **2500**

Adonis Golden Ratio Meal Plan 3! !! Day: 3!! Breakfast  
- Meal Portions: P:8 C:4 F:5! 2 Cups Milk, Low Fat (1%)  
42 Grams Protein Powder 3/4 Cup Cereal, Cold 1/4 Cup  
Cranberries 1 2/3 Tsp Olive Or Monounsaturated Oil  
Item Portions 2.00 PC 6.00 P 1.50 C .33 C 5.00 F  
Calories: 503 ! Preparation Suggestions: ! A Cereal  
Breakfast With A Twist: Throw In A Handful Of  
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Exercise And Diet Program Specifically Designed To  
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