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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
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