



Muscle
Vision
Nutrition

HIGH PROTEIN NO CARB MEAL

FAT LOSS

19-23 G
FIBER

320-360 G
KCAL



4 G
CARBS

45-48 G
PROTEIN



Muscle
Vision
Nutrition

HIGH CARB MEAL

BULKING

20-25 G
PROTEIN

660-680 G
KCAL

9-11 G
FIBER

52-56 G
CARBS



HIGH PROTEIN LOW CARB MEAL

LEAN GAIN

27-30 G
CARBS

12-14 G
KCAL



10-11 G
FIBER

35-40 G
PROTEIN