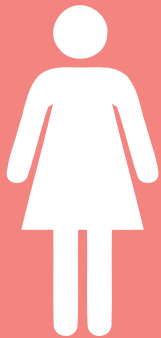




# CALORIE GOALS



## WOMEN

Breakfast	300-400
Lunch	400-500
Dinner	400-500
Snacks	100-200



## MEN

Breakfast	400-500
Lunch	500-600
Dinner	500-600
Snacks	100-200