



TRANSFORMATIONAL  
WEIGHT LOSS & WELLNESS

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Type	Mixed	Carb	Protein	Type	Mixed	Carb	Protein
<b>Meal</b>	<b>1400 Calorie/day</b>			<b>Meal</b>	<b>1800 Calories/day</b>		
<b>Breakfast</b>	2 protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	<b>Breakfast</b>	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
<b>Snack</b>	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	<b>Snack</b>	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
<b>Lunch</b>	3 Protein 1 Carb 1 Fat	3 Protein 1 Carb 1 Fat	3 Protein 1 Carb 2 Fat	<b>Lunch</b>	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
<b>Snack</b>	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	<b>Snack</b>	2 Protein 1 Carb	2 Protein 3 Carb	2 Protein 1 Carb
<b>Dinner</b>	3 Protein 2 Carb 2 Fat	3 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	<b>Dinner</b>	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
<b>Meal</b>	<b>1600 Calories/day</b>			<b>Meal</b>	<b>2000 Calories/day</b>		
<b>Breakfast</b>	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	<b>Breakfast</b>	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
<b>Snack</b>	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	<b>Snack</b>	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
<b>Lunch</b>	4 Protein 1 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	<b>Lunch</b>	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
<b>Snack</b>	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	<b>Snack</b>	2 Protein 1 Carb	2 Protein 3 Carb	3 Protein 1 Carb
<b>Dinner</b>	4 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	<b>Dinner</b>	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat