



[Utorrent Shaun T Hip Hop Abs Free Download](#)

**Dinner**

Generic - Chicken Breast, 4oz Grilled, 8 oz	220	0	2	40
Kretschmer - Wheat Germ ~ Original Toasted - Personal, 2 Tbsp	50	6	1	4
Giant Eagle - Country Blend Mixed Vegetables, 1.5 cup	135	27	0	3
Arnold - Whole Grains Bread - 100 % Whole Wheat, 1 slice (43g)	110	20	1	5
Plain - Egg White, 1 large egg white	16	0	0	4
<b>Add Food   Quick Tools</b>	<b>531</b>	<b>53</b>	<b>4</b>	<b>56</b>

**Snacks**

Beachbody - P90x Results & Recovery Formula - Smooth Orange, 2 scoops	220	39	2	10
Jif Natural Creamy Peanut Butter - Peanut Butter, 1 tbsp	95	4	8	4
Cool Whip - Sugar Free, 2 tbsp	25	3	1	0
Jell-O (Jello) - Sugar Free Fat Free Instant Cheesecake Pudding, 1/2 cup prepared	70	6	0	0
<b>Add Food   Quick Tools</b>	<b>410</b>	<b>52</b>	<b>11</b>	<b>14</b>

<b>Totals</b>	<b>2,144</b>	<b>235</b>	<b>50</b>	<b>184</b>
<b>Your Daily Goal</b>	<b>2,870</b>	<b>395</b>	<b>96</b>	<b>108</b>
<b>Remaining</b>	<b>726</b>	<b>160</b>	<b>46</b>	<b>-76</b>
	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>

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## shaun

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