

## **MACRO PACK INCLUDES**

- 3 3-pack meal prep containers
- · 3 Plate meal prep containers
- · carbohydrate food list
- protein food list
- · fats food list
- portion recommendations for your specific body type
- 3 sample recipes



GO TO WWW.BEMORETHANFIT.COM AND TAKE OUR BODY TYPE QUIZ TO LEARN MORE AND PURCHASE THIS PACK