

Time	Meal/Snack	Food Recommendation
Before 12 AM		
8:00 PM	Dinner	Grilled chicken breast with steamed broccoli and quinoa
10:00 PM	Snack	Greek yoghurt with mixed berries
After 12 AM		
1:00 AM	Meal	Mixed green salad with tuna, chickpeas, and vinaigrette
3:00 AM	Snack	Sliced cucumber with hummus
5:00 AM	Breakfast	Oatmeal topped with sliced banana and almond butter
7:00 AM	Snack	Hard-boiled egg with whole grain crackers

Weight Loss Plan Today Store Hours

Xiaolong Qi



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