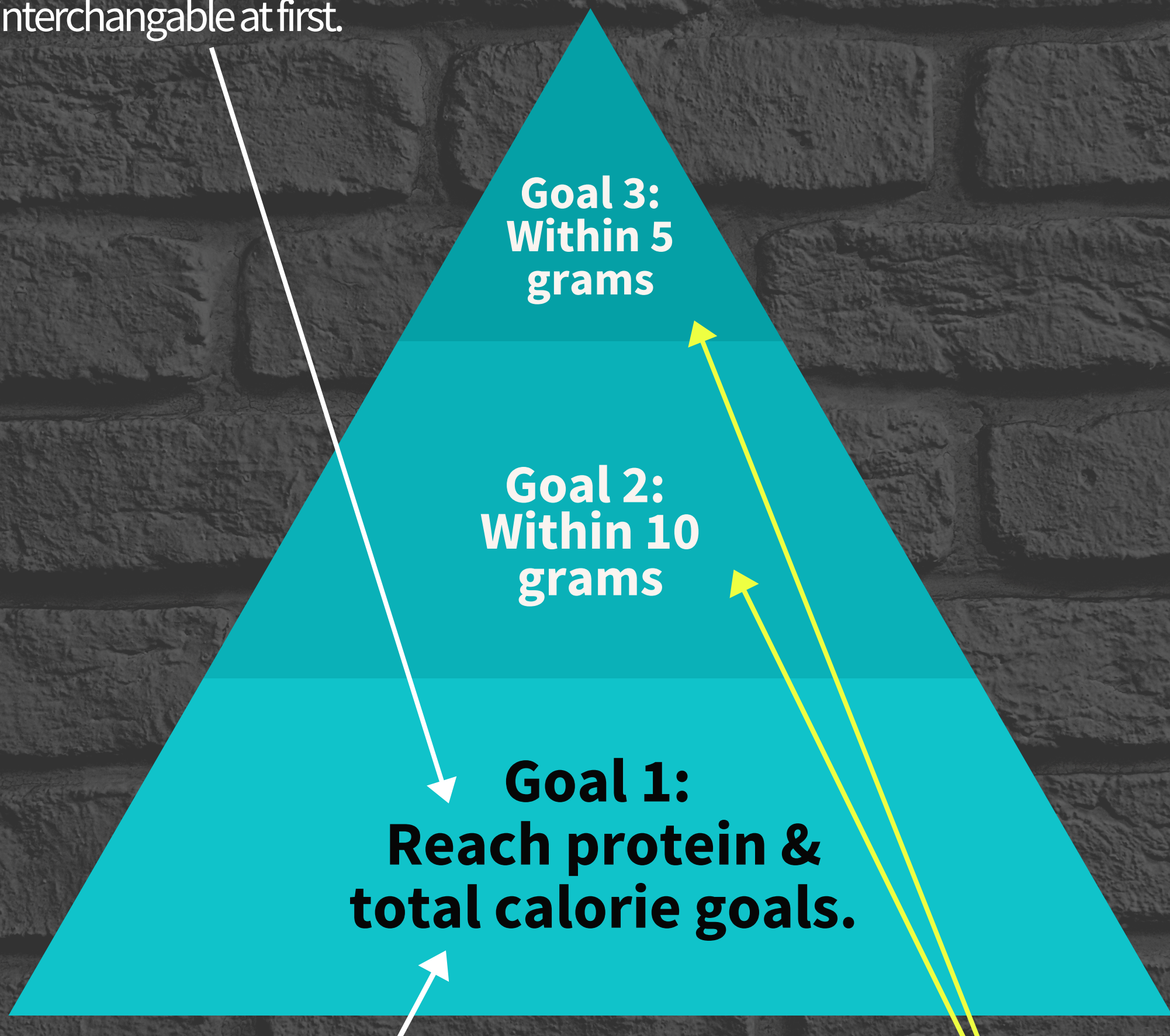
NH FITNESS Simplified Macros Approach

Start Here:

Goal 1: Your first goal is to reach protein daily with total calories. Carbs and fats are both energy sources and can be interchangable at first.



Accomplished goal 1?

Move to goals 2 and 3 where you will reach proteins, carbs and fats within 5-10 grams of your goal numbers daily!

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