

T25 Quick Start Guide

t25 fast track - the athletic rider - beginning the focus t25 program. the total calorie intake per day is 1100. each meal is about 300 calories. each snack is about 100 calories. total daily calories are around 1100 calories.!! this is not intended as a custom meal plan, rather is an example of a nutrition guide that is provided with the purchase of a beachbody fitness program.

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