

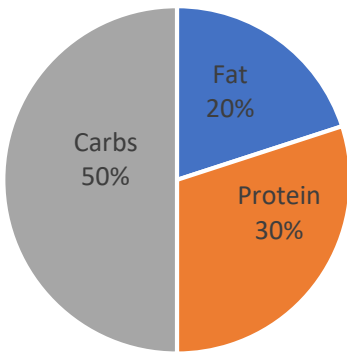
RONFIT

Refuel. Reactivate. Rejuvenate

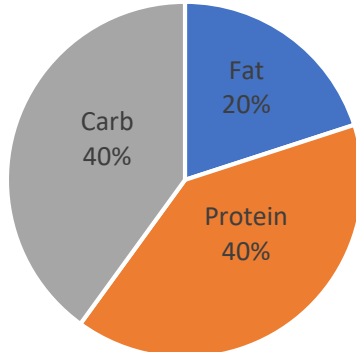
NUTRITION CALENDAR

| | Morning | | Afternoon | | Evening | |
|---------|---------|-------|-----------|-------|---------|-------|
| Macros | MEAL | SNACK | MEAL | SNACK | MEAL | SNACK |
| PROTEIN | | | | | | |
| CARBS | | | | | | |
| FATS | | | | | | |

Muscle Mass (High Carb)



Maintain (Moderate Carb)



Get Lean (Low Carb)

