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NAME/KCAL	Trial combo	1 WEEK				2 WEEKS				3 WEEKS				4 WEEKS			
		without weekends (5 days)		with weekends (7 days)		without weekends (10 days)		with weekends (14 days)		without weekends (15 days)		with weekends (21 days)		without weekends (20 days)		with weekends (28 days)	
SLIM 1000	39	61	305	61	427	60	600	60	840	60	900	60	1260	59	1180	59	1652
SLIM 1300	42	63	315	63	441	62	620	62	868	62	930	62	1302	61	1220	61	1708
SLIM 1500	43	65	325	65	455	64	640	64	896	64	960	64	1344	63	1260	63	1764
FIT 1800	44	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
FIT 2000	45	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
FIT 2500	48	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
VEGE 1000	41	61	305	61	427	60	600	60	840	60	900	60	1260	59	1180	59	1652
VEGE 1300	42	63	315	63	441	62	620	62	868	62	930	62	1302	61	1220	61	1708
VEGE 1500	43	65	325	65	455	64	640	64	896	64	960	64	1344	63	1260	63	1764
VEGE 1800	44	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
VEGE 2000	45	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
VEGE 2500	48	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
VEGE 3000	50	75	375	75	525	74	740	74	1036	74	1110	74	1554	73	1460	73	2044
FIT MAMI 1800	44	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988
FIT MAMI 2000	45	75	375	75	525	74	740	74	1036	74	1110	74	1554	73	1460	73	2044
FIT MAMI 2500	47	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
FIT MAMI 3000	49	80	400	80	560	79	790	79	1106	79	1185	79	1659	78	1560	78	2184
DIABETIC MAMI 1800	48	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988
DIABETIC MAMI 2000	49	75	375	75	525	74	740	74	1036	74	1110	74	1554	73	1460	73	2044
DIABETIC MAMI 2500	52	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
DIABETIC MAMI 3000	55	80	400	80	560	79	790	79	1106	79	1185	79	1659	78	1560	78	2184
NO-GLUTEN 1000	43	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
NO-GLUTEN 1300	44	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
NO-GLUTEN 1500	45	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
NO-GLUTEN 1800	46	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
NO-GLUTEN 2000	47	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988
NO-GLUTEN 2500	51	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100



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		without weekends (5 days)	with weekends (7 days)	without weekends (10 days)	with weekends (14 days)	without weekends (15 days)	with weekends (21 days)	without weekends (20 days)	with weekends (28 days)								
NO-LACTOSE 1000	43	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
NO-LACTOSE 1300	44	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
NO-LACTOSE 1500	45	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
NO-LACTOSE 1800	46	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
NO-LACTOSE 2000	47	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988
NO-LACTOSE 2500	51	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
NO-GLUTEN-&-LACTOSE 1000	44	67	335	67	469	66	660	66	924	66	990	66	1386	65	1300	65	1820
NO-GLUTEN-&-LACTOSE 1300	45	69	345	69	483	68	680	68	952	68	1020	68	1428	67	1340	67	1876
NO-GLUTEN-&-LACTOSE 1500	46	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
NO-GLUTEN-&-LACTOSE 1800	47	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
NO-GLUTEN-&-LACTOSE 2000	48	74	370	74	518	73	730	73	1022	73	1095	73	1533	72	1440	72	2016
NO-GLUTEN-&-LACTOSE 2500	51	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
NO DAIRY 1000	47	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
NO DAIRY 1300	48	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
NO DAIRY 1500	49	74	370	74	518	73	730	73	1022	73	1095	73	1533	72	1440	72	2016
NO DAIRY 1800	50	76	380	76	532	75	750	75	1050	75	1225	75	1575	74	1480	74	2072
NO DAIRY 2000	51	78	390	78	546	77	770	77	1078	77	1155	77	1617	76	1520	76	2128
NO DAIRY 2500	54	81	405	81	567	80	800	80	1120	80	1200	80	1680	79	1580	79	2212
NO-MEAT 1000	43	63	315	63	441	62	620	62	868	62	930	62	1302	61	1220	61	1708
NO-MEAT 1300	44	64	320	64	448	63	630	63	882	63	945	63	1323	62	1240	62	1736
NO-MEAT 1500	45	65	325	65	455	64	640	64	896	64	960	64	1344	63	1260	63	1764
NO-MEAT 1800	46	67	335	67	469	66	660	66	924	66	990	66	1386	65	1300	65	1820
NO-MEAT 2000	47	69	345	69	483	68	680	68	952	68	1020	68	1428	67	1340	67	1866
NO-MEAT 2500	49	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988



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NO-FISH 1000	42	62	310	62	434	61	610	61	854	61	915	61	1281	60	1200	60	1680
NO-FISH 1300	43	63	315	63	441	62	620	62	868	62	930	62	1302	61	1220	61	1708
NO-FISH 1500	44	64	320	64	448	63	630	63	882	63	945	63	1323	62	1240	62	1736
NO-FISH 1800	45	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
NO-FISH 2000	46	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
NO-FISH 2500	48	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
NO-FISH 3000	50	75	375	75	525	74	740	74	1036	74	1110	74	1554	73	1460	73	2044
DIABETIC 1000	45	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
DIABETIC 1300	46	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
DIABETIC 1500	47	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
DIABETIC 1800	48	73	365	73	511	72	720	72	1008	72	1080	72	1512	71	1420	71	1988
DIABETIC 2000	49	75	375	75	525	74	740	74	1036	74	1110	74	1554	73	1460	73	2044
DIABETIC 2500	52	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
DIABETIC 3000	55	80	400	80	560	79	790	79	1106	79	1189	79	1659	78	1560	78	2184
WEGAN 1000	44	65	325	65	455	64	640	64	896	64	960	64	1344	63	1260	63	1764
WEGAN 1300	45	66	330	66	462	65	650	65	910	65	975	65	1365	64	1280	64	1792
WEGAN 1500	46	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
WEGAN 1800	47	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
WEGAN 2000	48	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
CARE 1000	44	67	335	67	469	66	660	66	924	66	990	66	1386	65	1300	65	1820
CARE 1300	45	69	345	69	483	68	680	68	952	68	1020	68	1428	67	1340	67	1876
CARE 1500	46	71	355	71	497	70	700	70	980	70	1050	70	1470	69	1380	69	1932
CARE 1800	47	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
CARE 2000	48	74	370	74	518	73	730	73	1022	73	1095	73	1533	72	1440	72	2016
CARE 2500	51	77	385	77	539	76	760	76	1064	76	1140	76	1596	75	1500	75	2100
HYPO - HASHIMITO 1000	45	68	340	68	476	67	670	67	938	67	1005	67	1407	66	1320	66	1848
HYPO - HASHIMOTO 1300	46	70	350	70	490	69	690	69	966	69	1035	69	1449	68	1360	68	1904
HYPO - HASHIMOTO 1500	47	72	360	72	504	71	710	71	994	71	1065	71	1491	70	1400	70	1960
HYPO - HASHIMOTO 1800	48	74	370	74	518	73	730	73	1022	73	1095	73	1533	72	1440	72	2016
HYPO - HASHIMOTO 2000	49	76	380	76	532	75	750	75	1050	75	1125	75	1575	74	1480	74	2072
HYPO - HASHIMOTO 2500	52	79	395	79	553	78	780	78	1092	78	1170	78	1638	77	1540	77	2156

