

## **MACRO PACK INCLUDES**

- 3 2-pack meal prep containers
- 1 Blender Bottle
- carbohydrate food list
- protein food list
- fats food list
- portion recommendations for your specific body type
- 3 sample recipes



GO TO WWW.BEMORETHANFIT.COM AND TAKE OUR BODY TYPE QUIZ TO LEARN MORE AND PURCHASE THIS PACK