

# mastery **Adult** **Light** **Slimness**

## RATIONS JOURNALIERES INDICATIVES



3 kg  
5 kg  
10 kg

70 - 80 g  
100 - 110 g  
160 - 180 g



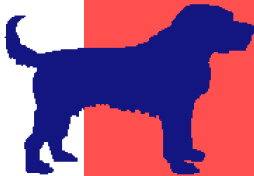
15 kg  
20 kg  
30 kg

210 - 240 g  
250 - 280 g  
320 - 370 g



40 kg  
50 kg  
60 kg

390 - 450 g  
450 - 520 g  
520 - 590 g



70 kg  
80 kg  
90 kg

580 - 650 g  
630 - 720 g  
690 - 780 g