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FITNESS CARDS



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TODAY AVOID STARCH, GRAINS, & FRUITS.



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TODAY AVOID SUGAR & CARBS,
THE GLUCOSE METABOLIZERS



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IF YOU WANT A CHEAT MEAL, DO IT
IN MODERATION & SMALL PORTIONS.



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TODAY IF AVOID SUGAR & CARBS. IF
YOU WANT A DRINK MAKE IT STRAIGHT



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MACROS: PROTEIN, CARBS, & FATS IN
EACH MEAL



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EAT FILLING FOODS, BONE BROTH IS
A GOOD FILLER.



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FIRST MEAL: LOTS OF CALORIES. SECOND:
LIMIT. SNACK: SMALL

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FAST AFTER WAKING UP, 80% FOOD
SHOULD BE HEALTHY, 20% KINDA HEALTHY

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BODY TYPE: MESOMORPHS= NATURALLY
"FIT", ECTOMORPH= SKINNY.
ENDOMORPH= FAT. KNOW WHICH ONE
YOU ARE.



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TRY TO EAT ORGANIC



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AVOID INFLAMMATION.
AVOID PROCESSED FOODS



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ELIMINATE FOODS THAT ARE
INFLAMMATORIES TO YOUR BODY



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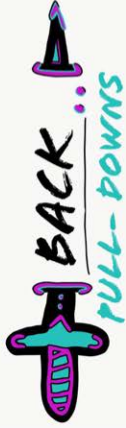


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PUSH

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