

A close-up, slightly blurred photograph of a white bowl filled with a salad. The salad contains chunks of cooked chicken with a golden-brown, slightly charred skin, sliced avocado, and fresh green basil leaves. The background is a light, neutral color.

# 10 Day **SLIM DOWN**

*Mandy Podlesny*

# 10 Day Slim Down Nutrition Guide

**SJ Ball**



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