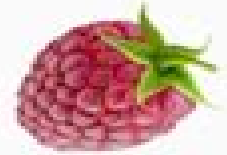
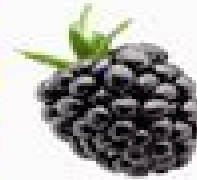
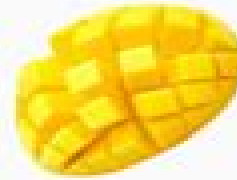
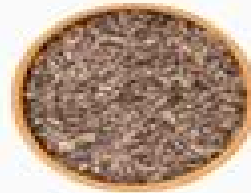
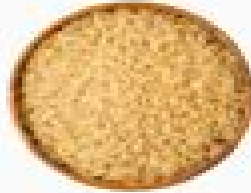


Fruits & vegetables



Whole grains



Lean proteins



Low-fat dairy products



Healthy fats



Asapscience Diets For Quickest

VM Jensen



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