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All Visible Fat. • Center Cut • Chop • Loin, Chop Or Roast DELI MEATS 2 Oz Or ½ Pound; Preferably All-natural, Low-fat (less Than 6 Grams Fat Lower-sodium, Nitrite• • And Nitrate-free • Chicken Breast, Regular, Smoked Or Peppered • Ham, Boiled And Natural Uncured Smoked (avoid Sugar-cured, Maple-cured, And Honey-baked) 2th. 2024

The Official South Beach Diet Weight Loss Plan

Refried Beans, Canned, Fat Free Soybeans Split Peas White Beans Alcoholic Beverages No More Than 2 Servings Per Week Light Beer. 12 Oz Red Or White Wine, Dry, 4 Oz Bourbon, 1.5 Oz • Gin, 1.5 Oz Rum, 1.5 Oz Sake, .5 Oz Tequila. 1.50z Vodka, IS Oz Free Foods Serving Size ... 15th, 2024

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7/16 5/8 240 46 - 50 30,000 1/2 11/16 315 ... 11th, 2024

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The 2 Week Diet System Is A New Diet Program Designed By Brian Flatt To, You Guessed It, Lose Weight In Just 2 Weeks. Better Yet, The 2 Week Diet Brian Flatt Designed To Help You Keep The Weight Off Long Term, So The 2 11th, 2024

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