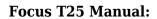
| YOUR 1,200-CALORIE DAY | | YOUR 1,600-CALORIE DAY | |
|------------------------|-----|------------------------|-----|
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| SNACK #1 | 150 | SNACK #1 | 150 |
| LUNCH | 300 | LUNCH | 450 |
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Focus T25 Manual

Lei Huang



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