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T25
GET IT DONE
NUTRITION



5 INGREDIENTS + 5 MINUTES TO PREP

THE GOAL OF FOCUS T25™?
GET IT DONE.

And that applies
to your diet too.

The Get It Done Nutrition Guide shows you how to make smart, healthy choices so you get it done, and see results.

= A FASTER, FITTER YOU



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M Tight



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demands of SEAL physical training are profound as you may well understand Proper nutritional intake will give you the fuel
you need to keep going on those miles of runs laps of swimming and hours of grueling PT sets From basic nutritional
information to specific guidance on such matters as caloric intake healthy food choices and hydration you will find the
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