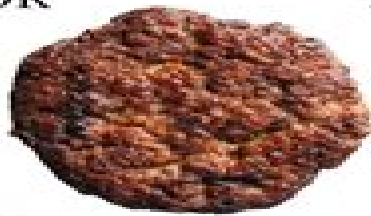


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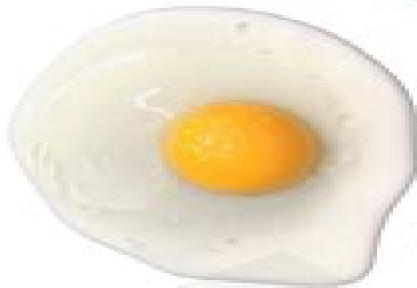
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GROUND
MEAT



PROTEIN POWDER
(in smoothie or
oatmeal)



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
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NUT BUTTER



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influence of other people With trauma we swallow them whole mimic evil What is the Dunning Kruger It s the dumb thinking they re smart most dangerous for sure We mal adapt by taking on another part but through elimination we get a fresh start
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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Protein Breakfast Guide Open Now**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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