

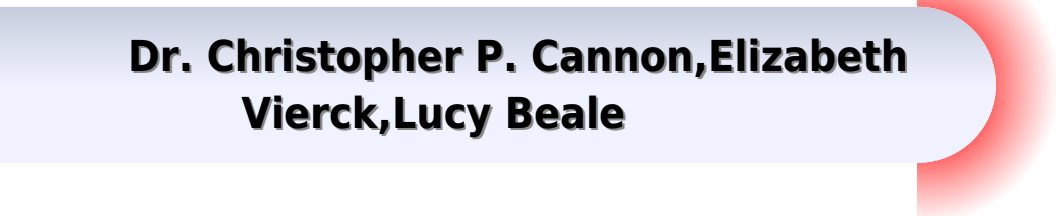
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Protein Breakfast Tips Tutorial

**Dr. Christopher P. Cannon, Elizabeth
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