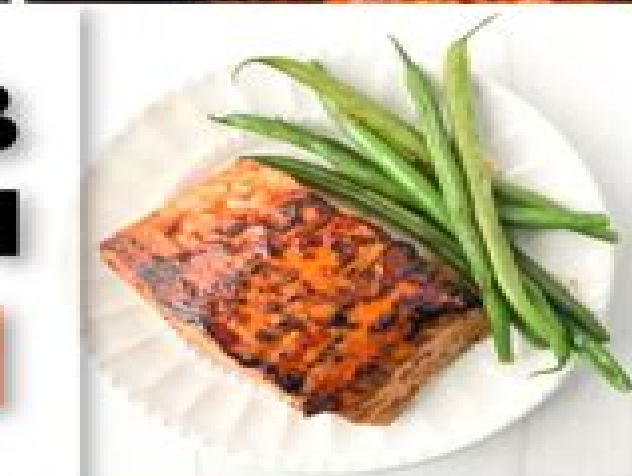


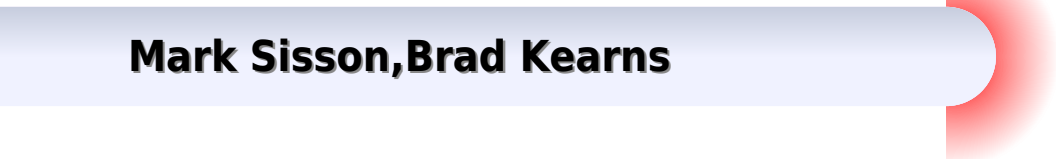


LOW CARB MEAL PLAN WEEK 1



Low Carb Recipes Last 90 Days

Mark Sisson, Brad Kearns



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