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Page 6/25

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Page 7/25

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weight loss challenge :

VIDEO 1 ~~Dieta da 1200~~

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~~Lose Weight | 1300 Calorie~~
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diet for a week *VLOGI LOST
OVER 153 LBS. | Weight Loss
Tips | Calorie Deficit | How
To Track And Log Calories
What Happens When You Eat*

Page 10/25

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How To Calculate Calories To

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Intermittent Fasting, 1300

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What I Ate on 1300 calories

| Keto/Low Carb WHAT I EAT

IN A DAY | WEIGHT LOSS MEAL

PLAN FOR WOMEN ~~800 CALORIES~~

~~A DAY?! WHAT I EAT IN A DAY~~

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Video 2 week 2

A 1300 Calorie Day *HOW TO
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Days | 900 Calorie Egg Diet
By Versatile Vicky How I
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