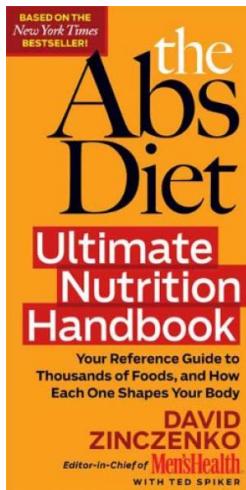


## The Abs Diet Ultimate Nutrition Handbook: Your Reference Guide to Thousands of Foods, and How Each One Shapes Your Body



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