

why fat not carbs are the preferred fuel for the human body - there s a good reason so many people mostly the sugar burners whose disparate group includes fruitarians veg ans heders body builders most mds the usda and virtually every rd program in the country can t seem to grasp why a lower carb primal approach to eating is a better choice for, **the complete nutrition set up guide rippedbody com** - the most complete guide to setting up your diet to crush your fat loss and muscle growth goals on the internet full free calorie macro and timing guide

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