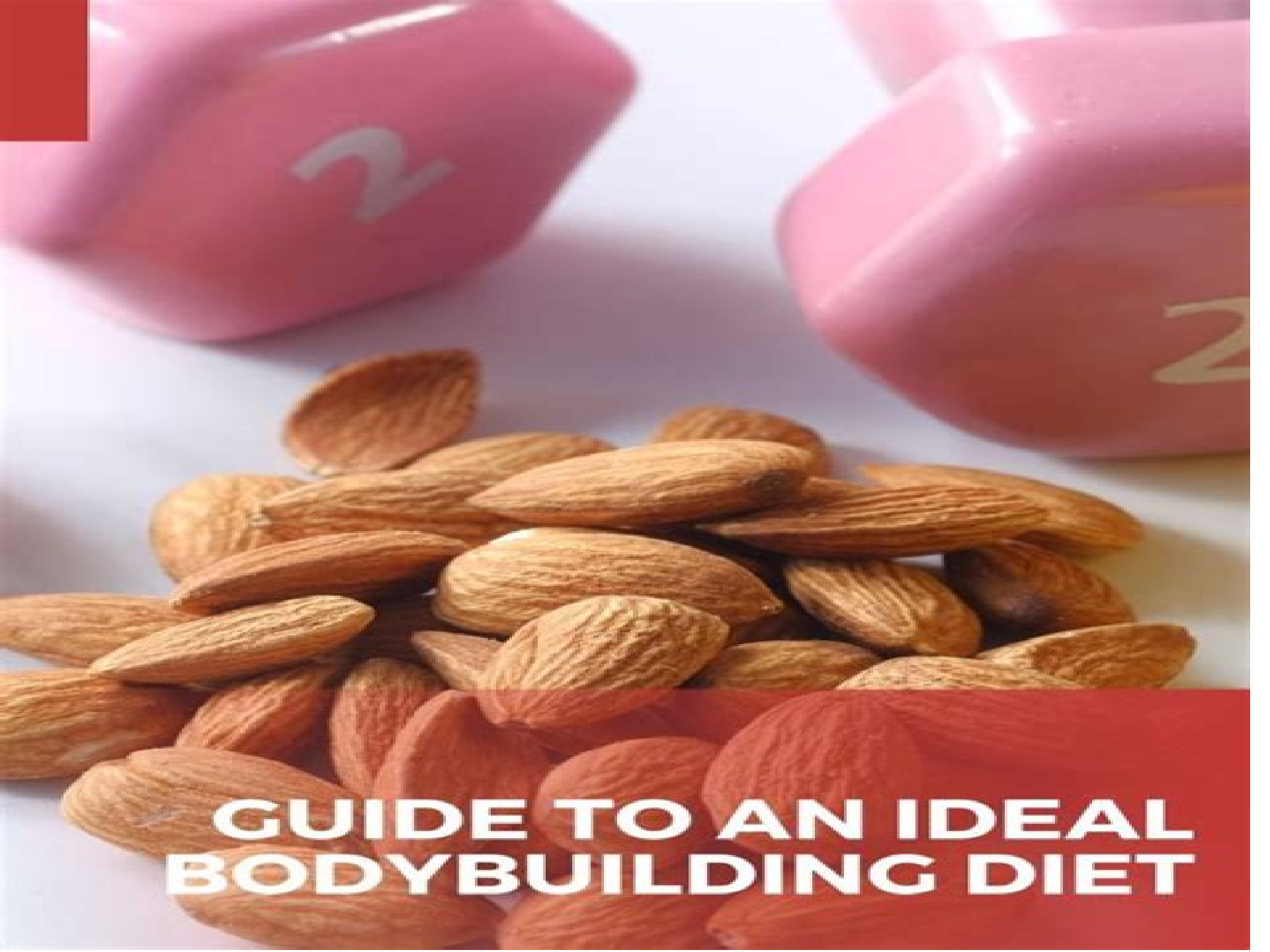


A close-up photograph of a pile of almonds in the foreground, with two pink dumbbells in the background. The dumbbells have the number '2' on them. The image is used as a background for a title slide.

GUIDE TO AN IDEAL BODYBUILDING DIET

Diet Fitness Guide

S Ben Porath



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