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Adonis Golden Ratio Meal Plan 3! !! Day: 3!! Breakfast

- Meal Portions: P:8 C:4 F:5! 2 Cups Milk, Low Fat (1%)
42 Grams Protein Powder 3/4 Cup Cereal, Cold 1/4 Cup
Cranberries 1 2/3 Tsp Olive Or Monounsaturated Oil
Item Portions 2.00 PC 6.00 P 1.50 C .33 C 5.00 F
Calories: 503 ! Preparation Suggestions: ! A Cereal
Breakfast With A Twist: Throw In A Handful Of
Cranberries (fresh Or Dried) With ... May 16th, 2024

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Have . Hello Every One, My Name Is Mark And I
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Title: The Adonis Golden Ratio Review Examining John Barban And Kyle Leon's Program Released PR Author: Soumya Nalam Created Date: 12/23/2013 6:04:02 PM Mar 5th, 2024

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Adonis Golden Ratio Final Phase Nutrition

For Example Once I Achieved My Golden Adonis Index Ratio I Found That I Could Handle A Bit More Processed Sugars Earlier In The Day Without It Affecting My Look Or Energy Levels. In Fact If I Don't Overdo It I Can

Coast All Day With A Very Smooth Energy Balance On
Some Simple W Feb 7th, 2024

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And Fat Adonis Index Systems May 10th, 2018 - Adonis
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