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FOR ALL ITEMS LISTED: Fresh (not Frozen) Pressure: High Setting: Manual Liquid:
Minimum 1 Cup Water NOTES: Size And Variety Will Affect Cooking Times QPR =
Quick Pressure Release / NPR = Natural Pressure Release
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Building Window: The Time Between Your First Meal And Your Last Meal Such As
11am First Meal To 6pm - Last Meal. Cleansing Window: The Time Between Your
Last Meal And Your First Meal The Following Day. This Would Mean From 6pm -
11am The Next Day. Drink Lots Of Fluids During Your Cleansing Window And Feel
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Approximately 75% Of The Total Calorie Intake. Proteins Should Account For Roughly 20%, While Carbs Should Be Restricted To 5%. Jan 8th, 2024

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