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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 Free To Eat Several Small-medium 17th, 2024

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Ketogenic Mediterranean Diet Low-Carb Mediterranean Diet

White Potato, Corn, Carrots, Sweet Potato, Canned Beets, Green Peas, Spaghetti Squash Legumes ... Oats, Brown Rice, Quinoa, Pearled Barley, Shredded Wheat (plain, Sugar-free), FiberOne Original Plain Cereal, Kellogg's All-Bran Original Or All-Bran Bran Buds . Author: Sunny 13th, 2024

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HOT Calories Calories From Fat Total Fat (G) Saturated Fat ...

Nutrition Guide Menu May Vary By Location. = FEATURED BEVERAGE. Iced Drinks Calories Calories From Fat Total Fat (G) Saturated Fat (G) Trans Fat (G) Cholesterol (MG) Sodium (MG) Carbohydrates (G) Fiber (G) Sugar (G) Protein (G) Iced Coffee SM 16oz 5 0 0 0 0 0 1 0 0 0 MED 20oz 5 0 0 0 0 0 1 0 0 0 6th, 2024

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