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Note: The Recipes, Tips And Notes Were Collected From Personal Family Recipes, Daniel Fast Warriors, Friends, Interested Parties, Vegetarian Cookbooks And Internet Sources. A Word To The Wise - If You Are Facing Any Health Challenges At All, Be Sure To Consult With Your Health May 8th, 2024

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**Energy Balance Of Approximately 1200 KJ/day, A Protein Intake Of 1.5-1.7 G/kg/day And A Carbohydrate Intake Of 5-7 G/kg/day (Table 1). During The Training Period The Dietary Intake Was Controlled By Repeated 24-hours Recalls. All Participants Performed The Same Periodized 2-s Mar 15th, 2024**

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