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DIET PLAN, WORKOUT PLAN, DAILY WEIGHT RECORD

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<https://www.amazon.in/MuscleBlaze-Whey-Protein-Rich-Chocolate/dp/B07WP3J8RG/ref=sr_1_2_sspa?dchild=1&keywords=protein&qid=1603362917&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExSUNKN0ZIT0oyUVpRJmVuY3J5cHRlZElkPUEwNDQ3NjMxMzgxWFE2OU9OOFM3NSZlbmNyeXB0ZWRBZElkPUEwMzQ2NDY2M1ZKSVM2VUgyWlBEMSZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=>

<https://www.amazon.in/dp/B07K7SV1QH/ref=sspa_dk_detail_3?psc=1&pd_rd_i=B07K7SV1QH&pd_rd_w=Ryl3I&pf_rd_p=719334a9-8cf4-4c2d-972b-46beedf42360&pd_rd_wg=9fvY7&pf_rd_r=RW366K60H0BZQZXCVXA1&pd_rd_r=96acb82f-278f-482d-9e37-a2218e15b70d&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFSTjVGT01FNVEwWUUmZW5jcnlwdGVkSWQ9QTA3NjA1MjkySEk1UFlIS1EzWk5BJmVuY3J5cHRlZEFkSWQ9QTAwMjY0MzExS0lZMkROT0xCRUdOJndpZGdldE5hbWU9c3BfZGV0YWlsX3RoZW1hdGljJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==>

<https://www.amazon.in/dp/B08DRGWLN4/ref=sspa_dk_detail_5?psc=1&pd_rd_i=B08DRGWLN4&pd_rd_w=Rwyid&pf_rd_p=1801b34c-8af9-42b5-8961-11f124edc99b&pd_rd_wg=azwTT&pf_rd_r=VZZ1ZRJGHS6NFHQS32FC&pd_rd_r=dfb6b6ac-c3d1-43d7-8a40-d26ade5d4c19&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVTA0WldTNVhXTE5HJmVuY3J5cHRlZElkPUEwMjM5NDA4MzhCSldKQVI0OTlYJmVuY3J5cHRlZEFkSWQ9QTA4ODg2MzgyTExWREZBQlI5UjlCJndpZGdldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==>