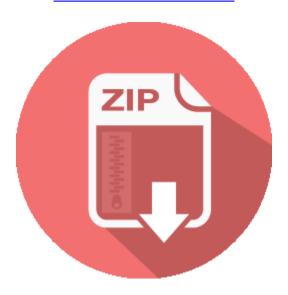
BURN FAT FOOD



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Daily Burn A Better Fit

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Can Too Much Cardio Decrease Your Burn The Fat Blog

About Tom Venuto. Tom Venuto is a lifetime natural (steroid-free) bodybuilder, fitness writer and author of Burn The Fat, Feed The Muscle: Fat Burning Secrets of Bodybuilders and Fitness Models and the national bestseller, The Body Fat Solution, which was an Oprah Magazine and Men s Fitness Magazine pick. Tom has appeared in The New York Times, Wall Street Journal, Huffington Post, Oprah

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