

## **BODY SCULPTING BIBLE FOR MEN**



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### **appendix MENS r2 R appendix 11 9 11 1 41 PM Page 403 b w**

THE BODY SCULPTING BIBLE FOR MEN 420 Note: Eat a meal prior to going grocery shopping to ensure that you don t buy junk foods. Another strategy is to do your grocery shopping on Sundays, when you are allowed to eat whatever you want for one meal.

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