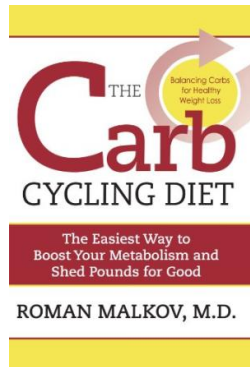


The Carb Cycling Diet: Balancing Hi Carb, Low Carb, and No Carb Days for Healthy Weight Loss



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