

“Our Food Should Be
Our Medicine & Our
Medicine Should Be
Our Food”


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Lose Weight Safely

Extreme calorie restriction is something our nutrition and fitness experts would never recommend. And whether you're trying to lose weight or not, a healthy diet consists of foods that are naturally rich in fiber and protein, like the options above. Produce is a top pick because of the water and fiber content, and most fruits and veggies are naturally low in fat and calories but nutrient-dense and filling.

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nzsvlywff 
3 days ago · 2 min

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