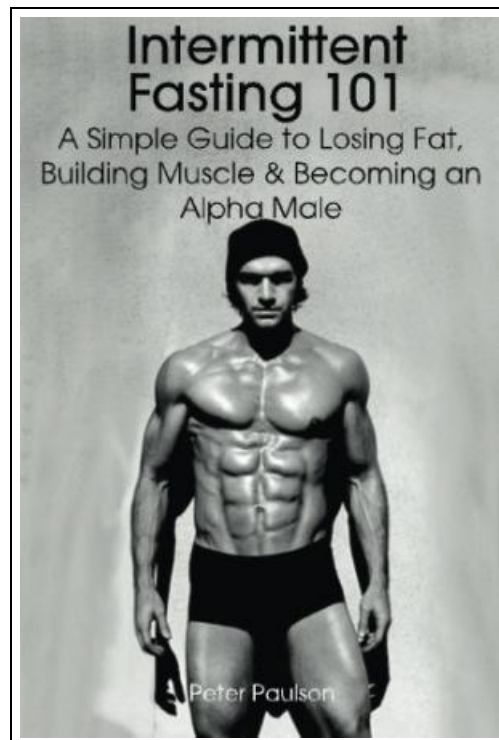


## Intermittent Fasting 101 A Simple Guide to Losing Fat, Building Muscle and Becoming an Alpha Male



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