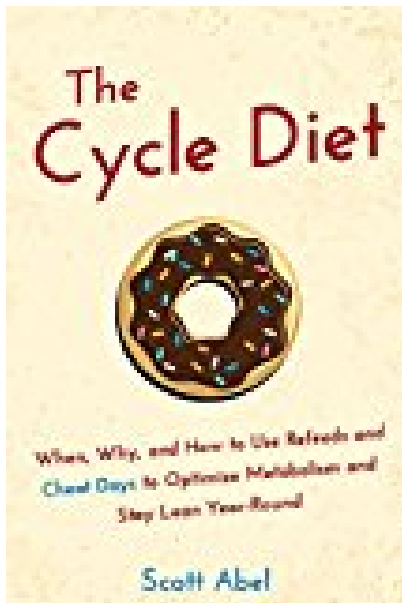


The Cycle Diet When Why and How to Use Refeeds and Cheat Days to Optimize Metabolism and Stay Lean Year-Round



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