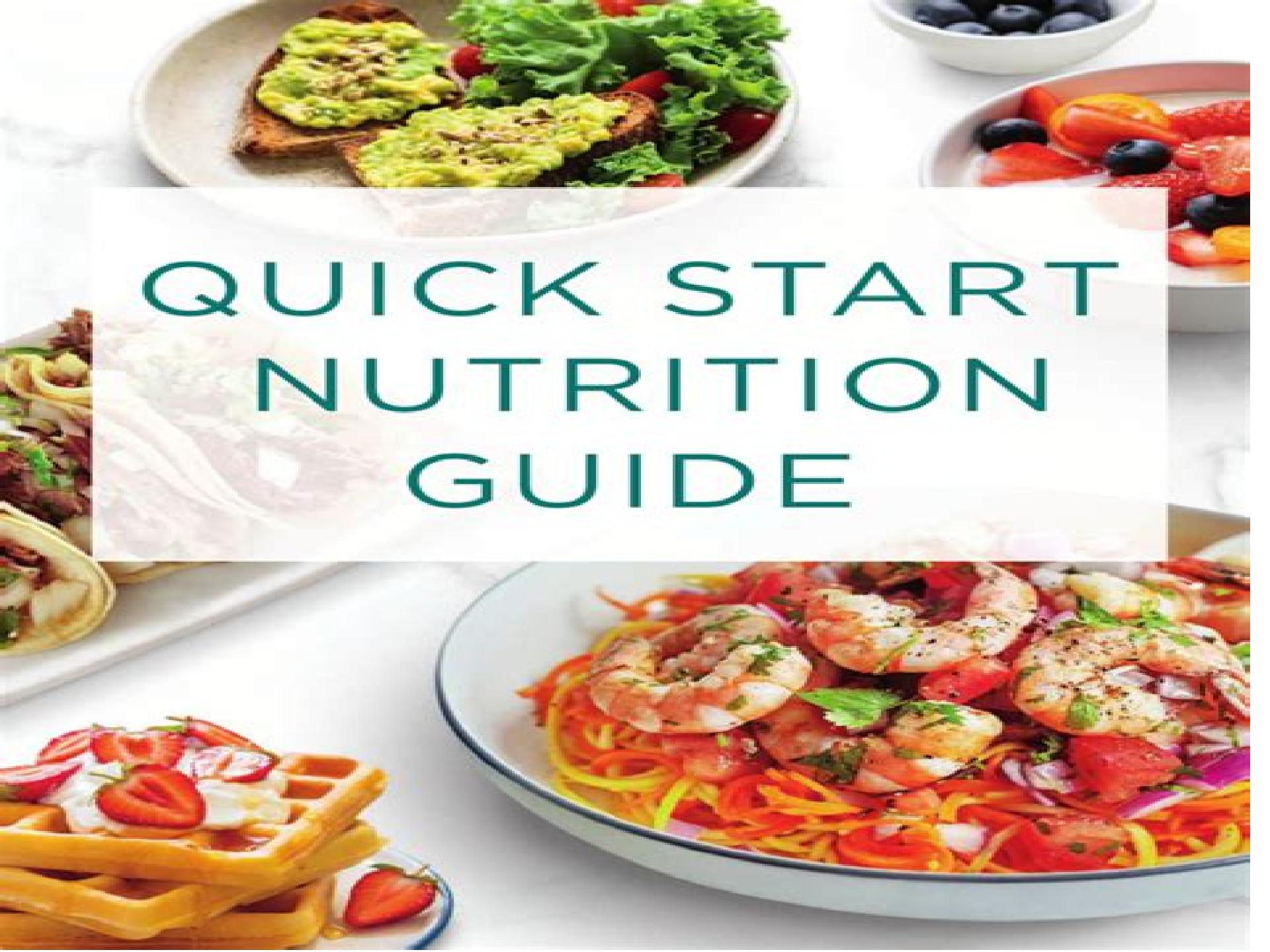


# QUICK START NUTRITION GUIDE



# Quick Start Nutrition Fundamentals

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