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A 21-day step-by-step guide to transforming your body forever, using the proven principles of the best-selling book The Primal Blueprint. After a quick review of the 10 "Key Concepts" that you'll need to understand in order to achieve your genetic ideal weight, energy levels and physical tone, you'll get right into the action items: which

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Its not all about Exercise and building muscles. its 20% Exercise, 80% Nutrition, but 100% Mindset. A healthier YOU starts with making a few right choices every single day.

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The Primal Blueprint 21 Day Challenge Mark's Daily Apple

Most of all, the Primal Blueprint 21-Day Challenge will show you that you alone have the power to control your health, determine your body composition, and direct gene expression toward fat-burning, muscle-building, energy-producing, and life-extending pathways. The 21-Day Challenge In 30 Seconds. This is the Challenge. Do it for just 21 days and the results will speak for themselves.

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