

[NUTRITION DIET PLAN](#)



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Diet is a huge, so to speak, part of the fat-loss equation. It's the backbone of your entire plan, the foundation of a hard body. Bodybuilding nutrition consultant Jim Juge says nutrition determines your success or failure, plain and simple. "The diet is 65% of what you need to get in shape," he says.

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G Plans

personal nutrition system, G-Plans. support@g-plans.com These users exercised daily and ate a reduced-calorie diet.

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Diet nutrition Wikipedia

These diets are often recommended in conjunction with exercise. Specific weight loss programs can be harmful to health, while others may be beneficial and can thus be coined as healthy diets. The terms "healthy diet" and "diet for weight management" are often related, as the two promote healthy weight management.

<http://ebookslibrary.club/Diet--nutrition--Wikipedia.pdf>

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