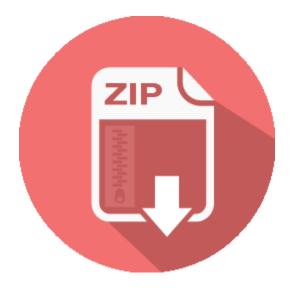
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I am doing the clean gut diet at the present moment, and I have one question the book said that we should eat 5 time a day but I don t see what are the other food we can eat, the book only mention shakes lunch dinner but no shacks.

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Clean Gut Diet Review ConsumersCompare org

The Clean Gut Diet book retails for \$27.99, but there are more costs that need to be considered. Many of the foods on the diet are specialty foods that will be far more costly than their regular grocery store counterparts. Additionally, there are a number of supplements that must be taken while on the Clean Gut Diet, which makes sense, as the diet will deprive the body of certain vitamins and

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