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Eat Stop Eat Protocol

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He's Practiced His Own Eat Stop Eat Program Since 2007. (Slide #82) As A Competitive Bodybuilder He Had Miniscule Fat To Lose Compared To Me. And He Has Not Lost Muscle Tissue. He Has The Photographs To Prove He's Still Just As Ripped As He Was In 2007. (Slide #83) And Brad Backs Eat Stop E 17th, 2024

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