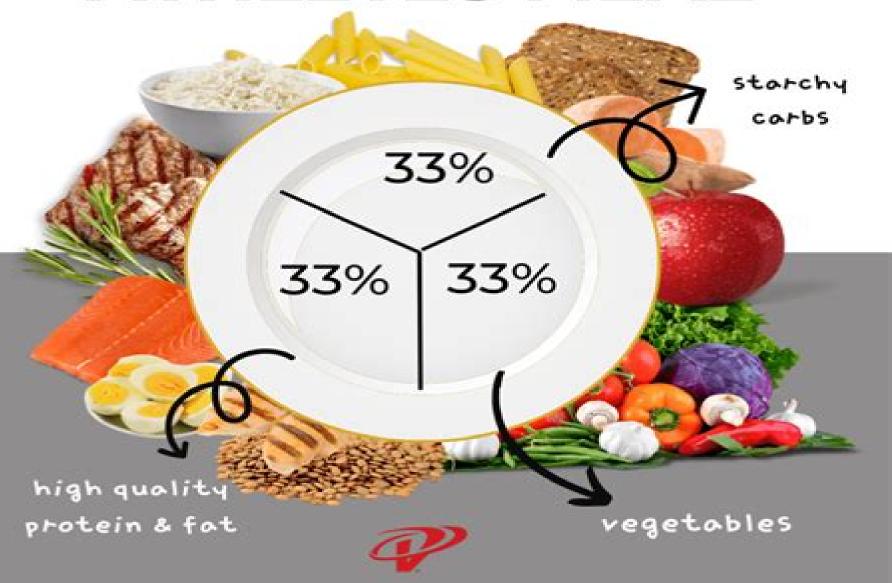
### DAILY EATING

## **ATHLETES MEAL**



# Food Smart A Mans Plan To Fuel Up For Peak Performance

SJ Ball

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