



Doctor Of The Future™

@g_diets_

07-03-2022

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Unhealthy

- Wheat
- Soy
- Fruit juice
- Seed oils
- Alcohol

Healthy

- Animal fats
- meats
- Butter
- Seafood

Limited

- Fruits
- Grains
- Starchy carbs

Unlimited

- eggs
- Meats
- Veggies
- Non starchy carbs
- Water

#UnfatYourself

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