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2oz\_ Turkeyjerky 2oz\_ Turkeyjerky 2oz\_ Turkeyjerky \_Recipeincluded DAY 1 DAY 2 DAY 3 DAY 6 1\_ MushroomOmelet 1cup\_ Freshstrawberries 12oz\_ Cottagecheese,1% 1\_ ProteinShake 4slices\_ Turkeybacon 1\_ ChickenScramble 8oz\_ Fresh-squeezedjuice 1\_ SoySausageMuffin 12oz\_ Skim milk 1\_ SpinachScramble 12oz\_ Skim milk 1\_ Gr Apefruit,medium 1\_ ProteinShake 4slices\_ Turk 1th, 2024

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