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Beachbody Workout Results2oz_ 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_ Skimmilk 1_ SpinachScramble 12oz_ Skimmilk 1_ Gr Apefruit,medium 1_

ProteinShake 4slices_ Turk 11th, 2024.

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