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For Example Once I Achieved My Golden Adonis Index Ratio I Found That I Could Handle A Bit More Processed Sugars Earlier In The Day Without It Affecting My Look Or Energy Levels. In Fact If I Don't Overdo It I Can Coast All Day With A Very Smooth Energy Balance On Some Simple W Mar 23th, 2024

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Adonis Golden Ratio Meal Plan 3! !! Day: 3!! Breakfast - Meal Portions: P:8 C:4 F:5! 2 Cups Milk, Low Fat (1%) 42 Grams Protein Powder 3/4 Cup Cereal, Cold 1/4 Cup Cranberries 1 2/3 Tsp Olive Or Monounsaturated Oil Item Portions 2.00 PC 6.00 P 1.50 C .33 C 5.00 F Calories: 503 ! Preparation Suggestions: ! A Cereal Breakfast With A Twist: Throw In A Handful Of Cranberries (fresh Or Dried) With ... Apr 10th, 2024

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