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***An Introduction to a Whole-Food,
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Welcome to WEEK 2, DAY 2 of our ...

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Whole Foods with me and check out my grocery shopping routine...

The Plant Based Food Pyramid As Karen Reed learned, simply cutting meat out of your food equation doesn't add up to truly healthy **eating**. "We ate very little red ...

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WHAT I EAT IN A DAY // whole food plant based // + SUPPLEMENTS I TAKE! ☀ My Vegan Keto Experience

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