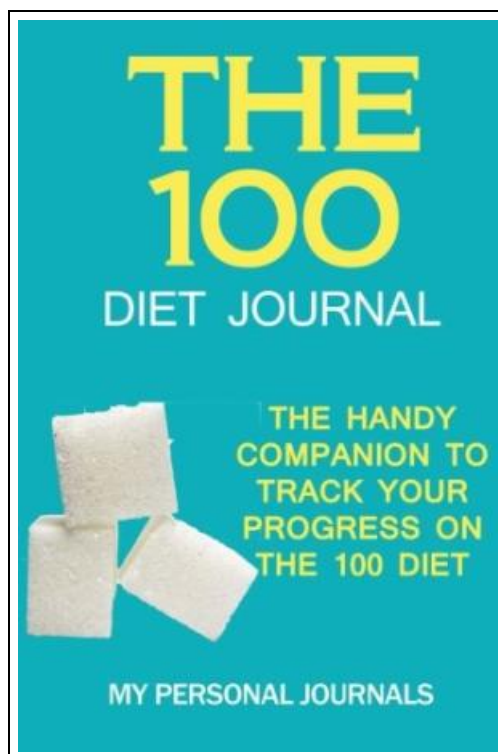


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THE 100 DIET JOURNAL: THE HANDY COMPANION TO TRACK YOUR PROGRESS ON THE 100 DIET



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