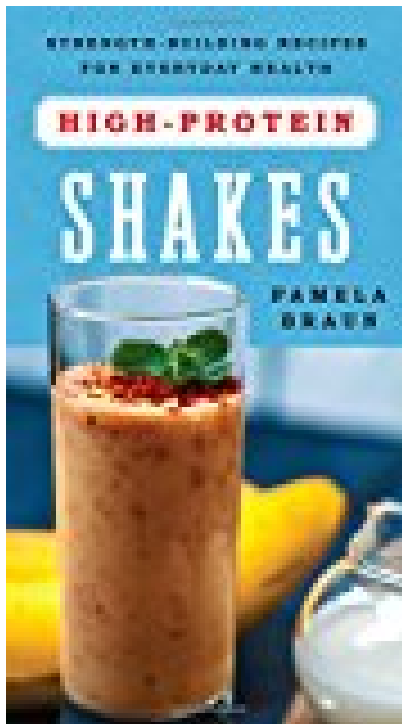


High-Protein Shakes Strength-Building Recipes for Everyday Health



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BOOK SYNOPSIS

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