

Bikini Diet

Bikini Diet *FREE* bikini diet The diet plan. In each phase, you'll have three daily meals and three snacks. After every four weeks, you'll reduce the number of calories in your diet, without sacrificing protein. In the week before the show, you'll vary the amount of carbs, sodium, and fluids to help your muscles get that ultra-cut, superlean look just in time for your moment in...

BIKINI DIET

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