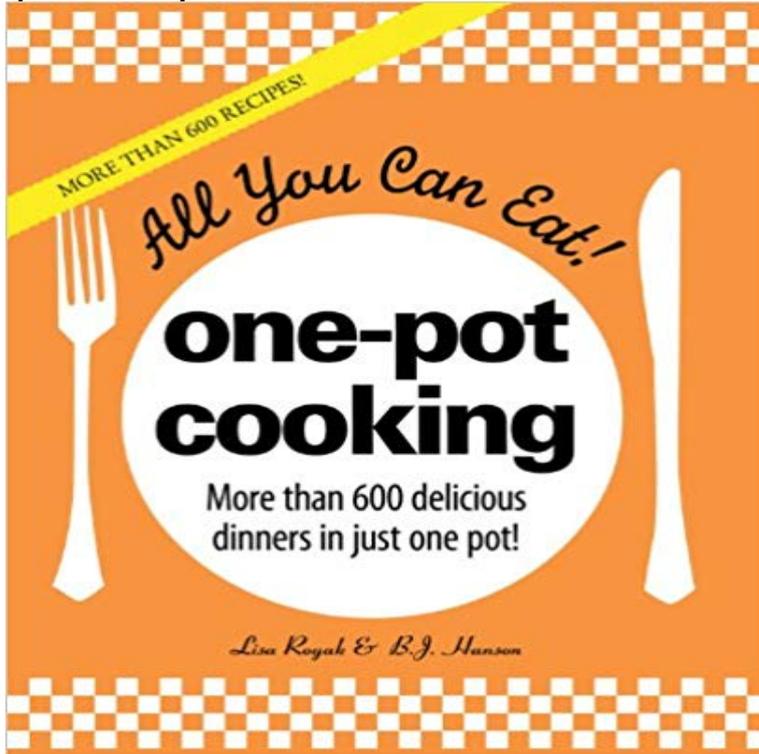


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your protein intake can not only help you lose weight, but keep it off!