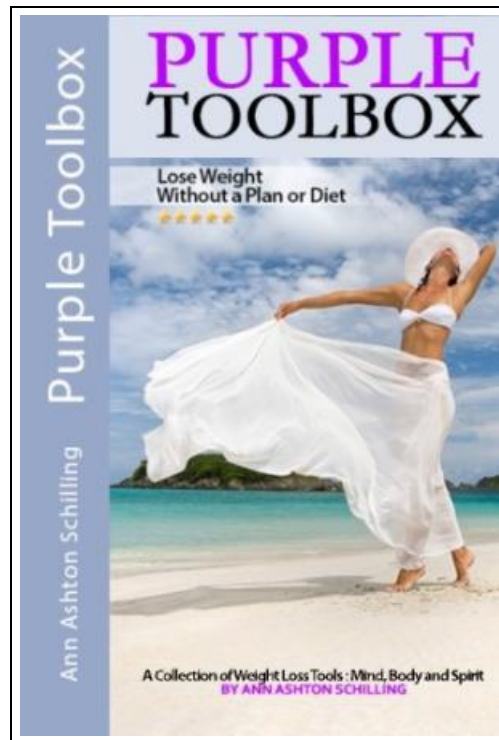


## Purple Toolbox: Lose Weight Without a Plan or Diet



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