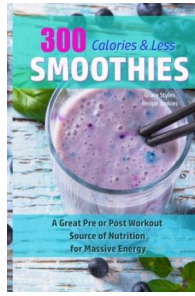# 300 Calories or Less Smoothie Recipes! - A Great Pre or Post Workout Source of Nutrition for Massive Energy! (Paperback)

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