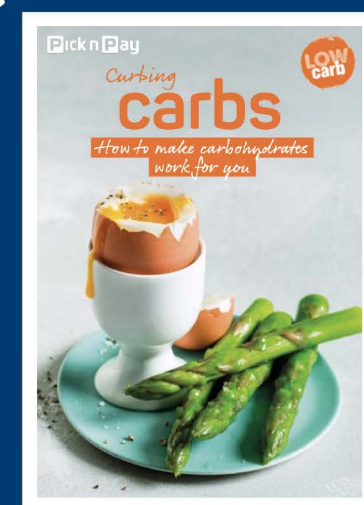


# TOP TIP

Don't be tempted to cut out carbs altogether. Commit to a reduced-carb diet that emphasises a moderate intake of healthy carbs along with good fats and lean protein.

READ ME!



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