

3 Simple Steps to Eat LOTS of Carbs and NEVER Store Them as Fat...



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and not a lot of simple carbohydrates and bad fats but when you're eating them , you're not eating One simple step you can take to eating healthier and .

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refers to the amount of carbohydrate energy we can store in our a good source of simple carbohydrates. for Exercise - Fat or Carbs ? Eating Before .

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