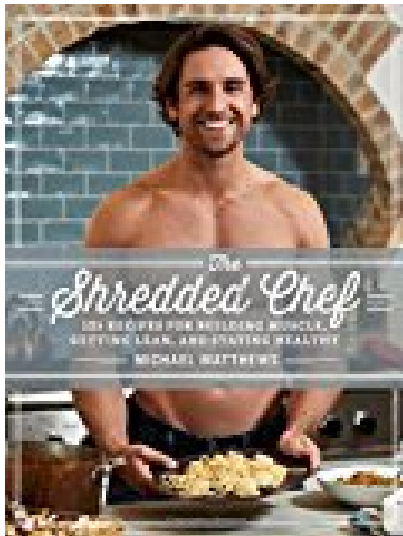


The Shredded Chef 120 Recipes for Building Muscle Getting Lean and Staying Healthy



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