

## Free Fit Girl Guide

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~~Fit Girls Guide is a fitness program that aims to be about more than just weight loss. The guides provide healthy spins on favorite recipes, such as pizza, tacos, burgers, pastas, and even...~~

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~~28 Day Jumpstart Fit Girls~~

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Lists No Equipment Required Vegan, Vegetarian, & GF Options! Jumpstart Journal ... Food Diary Exercise Diary Fit Girl Stats Sheet Self-Love Coaching Weekend Survival Skills Ending Body-Shaming Self-Talk!

~~Fit Girl's Guide — 28 Day Jumpstart — Bundle — Fit Girls~~

My meal plan for the 28 day challenge from the Fit Girl's Guide. I am lazy and will mostly be eating oatmeal for breakfast. My 200 calorie snack will be a homemade protein bar.

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