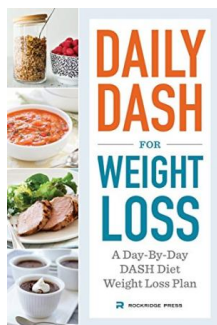


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## DAILY DASH FOR WEIGHT LOSS: A DAY-BY-DAY DASH DIET WEIGHT LOSS PLAN



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