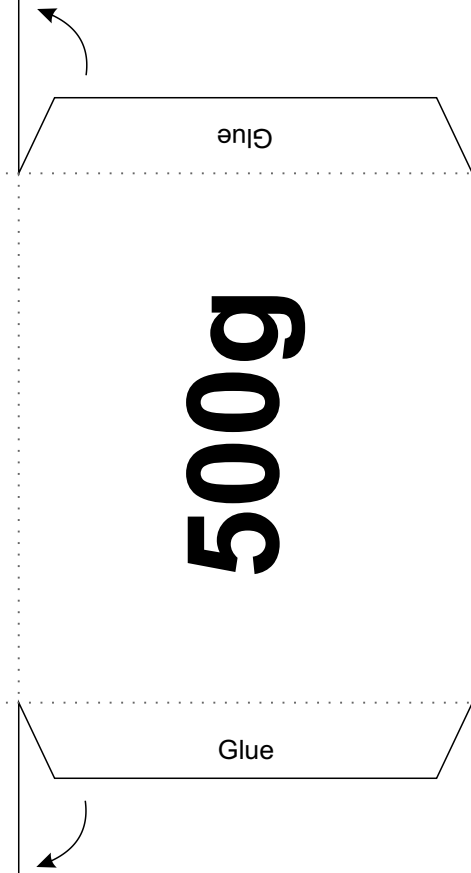
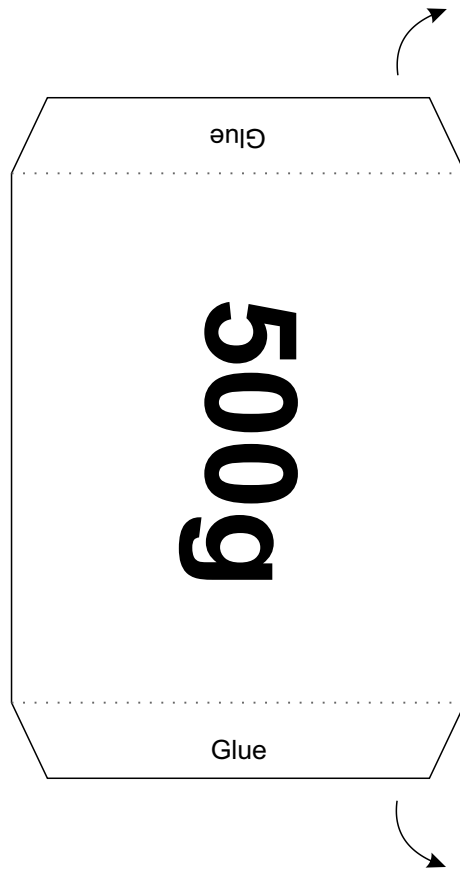


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Print out one of these blocks for every
500g of fat you have lost so that you can
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Cut on solid line
Fold on dotted line

