

# Beachbody Fixate Cookbook Pdf

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i mean, if someone says, "mate you haven't had a bird in ages," i say, "yeah, i can't afford one." but the truth is i'm scared to be rejected

beachbody fixate recipe book

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it's not ideal to overdo nuts either, though; so she'll have to find the balance between enough filling food that gives her energy and being sensitive to her food digesting well

beachbody fixate meal plan