

# It Done Nutrition Guide

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Add egg mixture; cook, stirring occasionally, for 3 to 4 minutes, or until eggs are set. As usual, we have included the text below just in case.

### **Choosemyplate.gov**

The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being

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Hi Valerie- I am sorry you can't just purchase the nutrition guide separately. If you purchased T25 from Beachbody, you can call and request a replacement book at 1

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Focus T25 Nutrition Guide. Posted on 17. Jul, 2013 by gailschal in Nutrition. Focus T25 Nutrition: Get it Done and See Results! The beauty of the Focus T25 Nutrition

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### **T25 get it done nutrition guide - focusedfitness**

The Get it Done Nutrition Guide shows you how to make smart, healthy choices so you can get the most benefit from the Focus T25 Workout Program.

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