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Consume healthy fats, including fatty fish, whole eggs, olive oil, coconut oil & avocados. Eat a high fibre with natural plant fibres but consume whole grains in moderation. Consume probiotic foods such as fermented yogurt, kefir & sauerkraut as well as prebiotic foods like bananas, artichokes & chicory root.

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Why Eggs May Be the Best Food for the Ultimate Physique by UP Fitness, May 20, 2017 Eggs are key for your health, fitness and physique goals – whether it's building muscle or fat loss

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