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thinspiration on pinterest | 100 calories, workout - Losing 5 Pounds of Bloat - Jillian Michael's Recipe for Losing 5 Pounds in 7 Days said it before and I'll say it again: if it looks healthy and it promises a weight loss, I know that since it's water weight it will most likely come back, but I do feel Needless to say drinking the 60 oz of tea per day had me running to the little

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