

Diet & Exercise

GUIDE

Tips and routines for a
healthy, balanced life



iBCB

Diet & Exercise Guide



🍎 Snacks & Supplements

Delicious snacks and supplements to fuel your health journey 💪🌟

DIET & EXERCISE GUIDE



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🌮 Quest Nutrition Tortilla Style Protein Chips

Crunchy high-protein chips 🔥, perfect to support your fitness goals 🏋️.



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Ratio Keto Friendly Mango Yogurt

A creamy, low-carb yogurt 😊 spoon, ideal for a light and healthy treat.



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_RAWEL THINGLE DELICIOUS KONJAC JELLY

A refreshing, low-calorie jelly 🍓, perfect for healthy breaks 🌱.



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🥦 Sensible Portions Garden Veggie Chips

A crunchy, healthy snack 🥬, perfect as an alternative to traditional chips 🍟.



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🍫 SlimFast Advanced Creamy Chocolate Shake

A rich chocolate shake 🍫, packed with nutrients, ideal as a meal replacement 🥤.



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☕ SlimFast Energy Caramel Latte Shake

An energizing boost ☀️ with irresistible caramel latte flavor 😍.



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🥛 SlimFast Keto Meal Replacement Powder

A tasty vanilla cake flavored substitute 🍰, low-carb and protein-rich 💪.



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🍪 SlimFast Low-Carb Chocolate Snacks

Chocolate pleasure 🍫 with fewer carbs, perfect for your weight-loss goals ✨.



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