



# 12 Week Nutrition Solution: Nutrition for Fitness Guide

*Cat Lanciaux*

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## **12 Week Nutrition Solution: Nutrition for Fitness Guide** Cat Lanciaux

Learn how to eat right, at the right time with the right quantities as well as been part of the Body By Vi 90 day Challenge to keep you motivated, while getting fit and having a chance to win prizes! A tons of tasty recipes are also included with the 12 weeks nutrition plan, to help you with your journey! Set Goal Set Plan Get to Work Stick to it Reach Goal

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