21day
kick sugar
program

!"#$%&' !( )* +!, - . &/!0/1. /&2 !3 44+!5

! " #$%&$ ' (( ) * +&$! ") ! -$ ' ' #/ $0123 ! &$4 -56$7) 8! $9 ' 8 ! (

!"#$%&' !( )* +!, - . &/!0/1. /&2 !3 44+!5

!"#

	6 17	8- 4	3 49	8: -	/)	, &;	, - 7
< /4&+=&>;	$#%&' (#$) * (#+&, - . %' +/001 . 2(!#+ 3 (14+/	6, 4,) (06 +1 7(1)'	$#%&' (#$) * (#+&, - . %' +/001 . 2(!#+ 3 (14+/	68!) / : %91#4(10#	9&!=>!#0. 0 14=	68!) / : %91#4(10#	6, 4,) (0AB/ - ,) 7!8, 7!) 4!=/#
	$5, 4! ,	$8 ,) 9(00/&	$5, 4! ,	. %14" ; , - !0, . 4&- <8	9!#139(&#0/ ; , - !0, /#	?&/) @' . 4&- <8	6, 4,) (0C +1%% 6&!-
?- 7*:	;!4, 9, D8	6+14=/) $) 9&, 44, 81 6!##/&, 8	;/EA* /E. 0(>>/ 7/%%&#F/41%	* /!08,!>	; +!16, 4,) (0 . , (%F/41%	. , (0+D/#07(88 7, &=. !8	?&88 . +&- %. !8
				7!8, 6!(8+8, D/& * !#+			
%)774/	6+14=/) $) 9&, 44, 81 6!##/&, 8	;/EA* /E. 0(>>/ 7/%%&#F/41%	* /!08,!>	; +!16, 4,) (0 . , (%F/41%	6+1)/#/ 7(88 7, &= 9!&</4(/	B!- < G, >0 # D10+ 6(4(- </&F!10	6+1)/#/ 7(88 7, &= 9!&</4(/
		6!(8+8, D/&F14/	7!8, 6!(8+8, D/& * !#+		. !(0/ C!0/&4&## . !(0/ C!0/&4&##	6!(8+8, D/&F14/	
, 7&*+!5	9&H1BI (0#	$8 ,) 9(00/&J('/	; , !#0/ C!8,(0#	$8 ,) 9(00/& 6+, 4, 810/ * , (##/	$8 ,) 9(00/&J('/	$8 ,) 9(00/&J('/	$8 ,) 9(00/& 6+, 4, 810/ * , (##/

!"#$%&' !( )*+!, - . &/!0/1. /&2 !3 44+!5

!"#$%&

/-)67

- 8!' ( )*+,)
- #!697: !- .$&/ !0$%) 1!23"*$
- #!#;"!0$%) 1
- <!#;"!0"%$
- #;=!*-: !0"%$!23"*$

>/4&+?&76

- "!#;"!*-: 7!' 4%) 1, !53#$.

, 44@7A - 67!B!, :)*47

- #;=!*-: !' 4%) 1, &
- #!67: !5+6!0$+7
- #!#;#8!697: 7!54+*8!9$: : $.
- #;=!*-: !5.+; "4<3#&
- #;=!*-: !=/ "+!>$$, &
- #!";5!697: 7!=/ "4!9) ?, $.
- "!697: 7!=/ "1$&$!- "($!>: "*$
- #!697: !=/) : : $, !- .$&/ !9+.&4$6
- #!#;=!67: 7!="11+%) 1
- #!#;C!67: 7!=) ."+1, $.
- "!#;C!67: 7!=3%"1
- #!67: !@"$, !5+&"4
- #!#;"!67: 7!@"$, !A.$B+1)
- #!697: !C+.4*!9) ?, $.
- "!67: 7!C.) 31, !C"1B$.
- #;=!67: !C.) 31, !>+B$
- #!#;5!697: 7!D"%+4+6+1!9"18!>+4#
- #!697: !A1") 1!9) ?, $.
- #;"!67: !A.$B+1)
- #;=!67: !9+: ."8+
- #!67: !E$, !9$: : $.!- 4+8$&
- #!67: !>+4#
- D!>+4#' 1, !9$: : $.F
- #!697: !>$+!>+4#
- #!>$+!>+4#G!54+*8!9$: : $.
- #!67: !>%) 8$, !9+: ."8+
- ";5!*-: !H+413#&

E4. 46&9F47

- #!*-: !' .3B34+
- 5!F97!' & +.+B3&
- <!*-: 7!5+I 6!>: "1+*/
- "!*-: 7!5.) **) 4'
- 8!=+..) #
- 5!G4&@7!=+3474) ?$.
- =!76&F+7!=4.6
- 5!#;"!*-: 7!=/ $..6!J) %+#) $&
- #!*-: !=/) : : $, !K3&/ .)) %&
- "!697: 7!="4+1#)
- =!*-: 7!=) 4$&4+?!K"L
- #;"!=3*3%I $.
- #"!#;"!C+.4*
- "!#;5!697: 7!C"1B$.
- #;"!C.$$1!5$449$: : $.
- #!*-: !C.$$1!=+I I +B$
- H!76&F+7!C.$$1!A1") 1
- "!2+4+: $1) !9$: : $.
- #!697: !K"1#0$+($&
- "!*-: 7!K"L$, !C.$$1&
- <!*-: 7!K3&/ .)) %&
- #;"!*-: !9+.&4$6
- =!9) .#) I $4) !K3&/ .)) %!=+: &
- "!E$, !5$449$: : $.
- =!E$, !5$449$: : $.&
- #!#;"!*-: 7!E$, !A1") 1
- "!697: 7!E) &$%+.6
- #!*-: !>/ "#+8$!K3&/ .)) %&
- "!>: +B/ $#!>M3+&/
- "!697: 7!J/ +"!5+&"4
- #!697: !J/ 6%$
- #;"!J) %+#)
- =!*-: 7!H+#$.*.$&&
- "!#;=!N$4) ?!A1") 1
- #!O3**/ "1"

>1I 4@B! &JJ4@

>/4&@A)7GAK 4&6IB! G4474

- C!1L7!5$$7!0"($.
- #!5;=!F97!=/ "*8$1!5.$+&#
- #!5;=!F97!PL#+!0$+1!C.) 31, !J3.8$6
- 5!5;=!F97!C.) 31, !5$$7
- #"!1L7!0$+1!C.) 31, !0+%I
- C!7F)*47!A.B+1"*!5+*) 1
- C!F97!9) .8
- #!F9!934$, !9) .8
- "!F97!>/ ."%:

1J@2 4J67!B!M)F7

- "!697: 7!' ( )*+,) !A"4
- #;=!*-: !' ( )*+,) !A"4K+6) 11+"&$
- #!#;C!*-: 7!=) *) 13#' %"1) &
- #!#;"!*-: 7!=) *) 13#A"4
- ";5!*-: !PL#+!Q".B"1!A4"($!A"4
- #!#;5!697: 7!D) #>+3*$
- #!*-: !93.$$, !J) %+#) $&
- #!697: !>$&+%$!A"4
- "!697: 7!J) +&#$, !>$&+%$!A"4

1F@

- 5"!PBB
- #!*-: !94+"1!=) *) 13#K"48

M6G4/

- #;"!*-: !=/ "*8$1!5) 1$!5.) #
- #!697: !- "&/ !>+3*$
- #!#;#8!*-: 7!H+#$.

K)*G&F!M?4/

/ #! &F$S) %%31"#61+#3.+47)), &T*) %S

21day kick sugar program

- [ ] **"!#;=!* - : 7!**= +11$, !=) *) 13#K "48
- [ ] **#!#;"!* - : 7!**=) *) 13#= .$+%
- [ ] **#;"!* - : !**=) *) 13#K "48
- [ ] **"!* - : 7!**@"* $, !J) %+#) $&
- [ ] **#;=!* - : !**- 34!- +#=) *) 13#K "48
- [ ] **C!* - : 7!**A .B+1"* != / "* 8$1!5 .) #
- [ ] **#!#;C!* - : 7!**A .B+1"* !=) *) 13#K "48
- [ ] **#!6 9 7: !**J) %+#) !9 +&#$

> &+)J .

- [ ] **#!#;5!* - : 7!**' 4%) 1, !- 4) 3.
- [ ] **#;"!6 7: !**5 +8"1B!9) ? , $.
- [ ] **#;"!6 7: !**5 +8"1B!>) , +
- [ ] **5!6 9 7: 7!**=) *) 13#- 4) 3.
- [ ] **=!1 L7!**U1&? $$#$1, != /) *) 4+#$
- [ ] **"!* - : 7!**U1&? $$#1, !> / .$, , $, =) *) 13#
- [ ] **#!#;C!6 9 7: 7!**Q+1"4+!PL#+*#

! "! #$ %&' %$) "* * + % ! #) - ../%0$!) %$/2) -

! " #$%$! & ( ) * +#, - . ! +&$' (/ ' $#0 ! " '

3 /"- 2./* &

45 1#$) $2&3* +#* 0$! & / 44 %$" #$$' 56

65 7 +&&)$ ' 8+2') !) 29; #$. * 0$ &)$ ' $$% ; 2! %<92=$; :2=$ %$ > ! * ! ; 2 ?2@! " ') $$&6

75 A2@3 :* #B4 . ! +&$' ; &)$! #$. * 0$:# . &)$ * 0$! ; 2! %' $&2' %$ & =* * 96

85 C$. * 0$ &)$:9$') * : &)$ ' 8+2') +' ! " 2 :* #@2! %' $&2' %$! 2 ?* > 96

95 D$9&=* =* ! +&* 9 ! 2 ' @9&<92=$%* 0$#2 . $%+. E) ")) $2&6

: 5 F2+&G&)$ * ! * ! ' 2! %" 2#9= +! &9&)$ * ! * ! ' 2#$ ' * :&6

; 5 H%%&)$ 2' <2#2" +' 2! %. +') # * . ' I =* ! &! +$ =* * @! " +! &9&)$ 2' <2#2" +' ' ' &2#&! " & " $&' * :&?+&' &9=#+! =) 3 J> 2&=) :* #&)$. * . $! & &' &2#& & =) 2! " $ =* 9 #6

<5 L! 2 ?* > 9 >) ' @& " $&)$ #&)$ $" " ' ; =* =* ! +&. 9@ # ' $. 2#3 2! %=* =* ! +&:9 +#2! % ' $2' * ! > &) ' 2&2! %<$<<$#& &2' &6

=5 D2@3 &)$ M##+' &N* : 3* +#8+ =) $?3 9! ! " 2 %$$< < $ %') > &) &)$ =* * @3%' <2") $&& ' 8+2') ; <#$' ' ! " "$! &3 * ! &)$?* &. 2! %' %$' & . 2@3 &$0$! 6

4>5 1 * +#&)$ $" " . O&+#$ * 0$#&)$ ' 8+2') 2! %2%&)$ 2' <2#2" +' 2! %. +') # * . ' * ! & < * : &)$ $" " ' 6

445 1 92=$! &)$ * 0$! 2! %=* * @* #/ 4 . ! +&$' 6

2&#"- ' /- &.

4 F<2") $&& F8+2')

4%@ 7 * =* ! +&P 9

4%A6%2@ H' <2#2" +' J&#. . $%2! %=+&! & E! =) < $=$' IK

**4A6%2$** C$%P ! * ! J 9=$%K

**4%A6%2$** D +') # * . ' J 9=$%K

6 Q2#9= J. ! =$%K

< R" "

4A6%2$ 1 92 ! 7 * =* ! +&D 9@

4%@ C* ' $. 2#3 J. ! =$%K

4%A6% 7 * =* ! +&59 +#

F$2 F29&S A92=@1 $<<$#J& &2' &$K

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! "#

! "#$%$! & ( ) ! * &$+ ' , +$# ! " +

$ %& ! (%) *

+, . * &/ - 01/ %0 ! &0 +21$+ 0#13* ! 4+56 ! 7089

- (' *

. ' & ' /%0 %1
: / 2 %+; +0* <+; 13 22; 0! &0/ +&0# ! / =# < = &8 2$>&0- $#+5

. " 2&8/.) "! 4
?0< = &8 +/ 2&<$<<$# 2$) 0! 7 1$; </ <#4/ / ! %@##$%<$<<$#>2 4$+5

. 5 ' ' (/.) "! 4
?0< = &8) / <2$ +8# <; 30! $8;) / <2$ A* &8#/ ! %@#1 ! ! /) 0! 5

θ 7& #%) (*

+ B- 01/ %0

! " #$ %& $(")) & *

! " #$%$! & ( ) * +, #(- ' $# ! " '

+ &- #& ! .

/ 0 / +0 1 ! $ 23 3 ! " #$%$! & ! 2 32# $ 4+! &2 ! $#56 $7# " $#2&$ 7+#2&3$2' &+! $ * +, #+#, ! &34* 2 ' $$% * 2. $ ' $&5

10 8 &#9 $3 32! %%. %$! &+ 4, : ' +#4+! &2 ! $# 7+! ;& $;" +5<! =+>?

2 # .

3 - 4# 5- , .
6 $7# " $#2&$! 2! 2 #&" * &4+! &2 ! $#, : &+ 7. $ %2>' 5

6 - , 5& * $6 &7-
@! $ ' $# ! " ' $A, 23&+ 2: : #+B0 2&$3>) 5C 4, : ' +74* 2 : , %%! " 5

8 , - $9 :' 5 ,
D%%0 2: 3$ ' >#, : E* +! $>E0 +! F 7#, &' 9 $$&$! $#E4 ! ! 20 +! +#42#%20 +0 5

;)) &&& ! ' :$< ==& * .
G+: 9 & ' * #$%%$%4+4+! , &E1$##$' E12! 2! 2 ' 34$' E! , & +#1$$: +3$! 5

>! * , -) & !

?@$ " = / 2! ! $%/ +4+! , &H 3F

?@$ " = I 2&$#

/ @$ " = / * 2 8 $$%

/ $# = J 2! 32 < B&#24&

8 & % ' :$B 4 - ,
* && ' KL4+0 0 , ! &>! 2&, #237++% 54+0 L

21day kick sugar program

! "#$%&''( )

! "#$%$! & (!) &$ ' * +$#, ! "+

* +)(, '+ "-

. / - ! ./ 0 1+ ! $$%$%

0' 1)(#+("'-

. 23$ &4 23(/ ! %4) &&#

! " #$%&$ () * +(,)

! " #$%$! & ( ) * + ! , &$' (- ' $# ! " '

- (. * ,(/ ")

01 / #$0$1&2. $! &2 - * * 34 56* - 37 89: ! $; 1<! " ' 0$$&= &0 >1#?0+ $! &>1>$#9

21 @A &2" $&0$#1B- 2! %C2, #D?2?2! , &C2, #1! %; 1<! " >2= %$#9E%%?2?2! , &2 B1! %, ' $ F2, #01! % &2 ; #$1< &, > , ! &B?#; + ; BF9G$&1' %$! &0$ G#%' $9

31 H' $ 1 01! %+ A$#&2 = 0 > &0$ $" " = 0 &$' , ! &B' &C>$1<' C2#+ 94 2B%&0$ = 0 &$' ! &2 F2, # ?0 BB$%C2, #+ A&, #$9

41 G?22> &0$ + A&, #$ 2! &2 &0$; 1<! " ' 0$$&, ' ! " 1! ?$?#$1+ ' ?22> 1! %" $! &BF C1&$! &0$ &2>9I 1<$ C2#6* + ! , &$' 2#, ! &B" 2B%$! ; #2=! 9

51 J $+ 2. $ G#2+ 2. $! 9: $&?22B&0$! $! K2FL

6 / ,)

7 .8(" 9$7 (:
M! $; ' ?, &>$#' $# ! " 9

7 .8 $ < = $> (,<
G2, >D; , &$#D" 0$$ 2#2, #N, #<$F O#1. F9

/ * / " +,$? / +.
N0 ' #$? >$ = 1' %$. $B2>$%1! %&$' &$%, ' ! " I 2; P J $%@BB7 2?2! , &4B2, #9CC, ' ! " 1! 2&0$# &F>$ 2C?2?2! , &C2, #D! 2&$ &01&#$' , B& + 1F . 1#F9

@9. #(",)

0A&$ +& EB- 2! %4B2, #

2$B) &) 7 2?2! , &4B2, #

**0A2$) &** I 1<! " / 2= %$#

2$0A4$) &) 7 2?2! , &M B5?0 BB$%8

3 R" " 5= 0 &$' 2! BF8

C (* <! $DE .
0&&>' ST?2+ + , ! &F! 1&, #1BC2 2% 9?2+ T

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! "#$%& ' (%# !)' & * +,

! " #$%$! & ( ) * + ! , &$' (- ' $# ! " '

-), ! (% /

01 / $0&&1$ 2 3 ! 0 ! 2! 4 &56 70! 2. $#+ $%, + 1$0&89 %%&1$ &2+ 0&2$' 0! %:03 07$! 2 7$77$# &2 &1$ 70! 0! %' 0, & <2#= &2 > + ! , &$' 2#, ! &3&1$ &2+ 0&2$' 0! %:03 07$! 2 10. $ ' 2<&$! $%8 ?<, ' ! " @0%%&1$ 5 30! &#2 0! %+ A B$3&8

21 C 1 3$ &1$ &2+ 0&2 + A&,#$ ' 5226 ! " @5#056 &1$ $" " ' ! &2 0 ' + 03 3D2B 30! %D$0&B$3&89 %% ! &1$ ' 03&8

31 E, ' 1 &1$ &2+ 0&2 + A&,#$ &2 2! $ ' %$ 2<&1$ 70! 0! %72, #&1$ $" " ' ! &2 &1$ $+ 7&F ' %$8 G&#&1$ $" " ' <#$H, $! &F 0' &1$F 5226 0! % ! 52#72#0&$ &1$ &2+ 0&2 + A&,#$! 2! 5$ &1$ $" " ' 0#$! 2 32! " $#. $#F B$&8

41 I . %$ D$&B$$! 73 0&$' 0! %$! :2FJ

5 %(, /

6, 7(%8,)/
K$<#" $#0&$! 0! 0 #&" 1&52! &0 ! $#<2#, 7 &2 &1#$$ %0F' 8

,)8 . 9# : ,
L ! $ ' $# ! " ' $H, 03&2 077#2A+ 0&$3F) M 5, 78

; %), #<+ 8%)
9 %%2! 2! ' 0! %" 0#35 &2 &1$ &2+ 0&2 + A&,#$8

=>> (% ' +#$% . 9/
N27 B &1 12&' 0, 5$@%5$%0. 250%2 2#$A&#0 5 30! &#28G$# $ B &1 &20' &@20' &$%72&0&2$' 2# ' 0, & $%" #$$! ' 8

? 9), > , . (/

0#(* / OA&#0 P #' ! L 3. $ L 3

0@#: A Q1$##F N2+ 0&2$' R5, & ! 103&S

0 T03 07$! 2 E$77$#R+ 03@&! $3F 51277$%S

2#(* / / Q 30! &#2 R27&2! 03S

4 O" "

0@#(/ G$0 G03&

; ! B' +#C7,)
1&7' UW2+ + , ! &F! 0& #03:22% 852+ M

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! "#! $%& %("

! "#$%$! & ( ) * + ! , &$' (- ' $# ! "'

) * (%+, $

- . / 001 2340! ! 3 %#5 ' 1 6$&, ! &64#' 7589 $&3' %$8: $3. $;3&! &<$ 73! 8
- / . / 0+ 2 ! $ &, #1$5=>, 44<! 3! %' 3" $89 $3' 0! ? &< ' 36&3! %7$77$#8@)#+ ! &0 - 73&&$' 8
- 0. / 001 73&&$' ! &$< 2340! ;3&;0#ABC + 0! , &$' 7$#' %$ 0#, ! &64001$%&<#0, " <8D$+ 0. $ 3! %' $&3' %$8
- 1. E%%+ , ' <#00+ ' &0 &<$ ' 1 6$&36 0! " ? &< 3 ' 76 3' < 0; ? 3&$#3! %4001 0! 20&< ' %$' , ! &6 " 06%$! 3! %;#3" #3! &8F, #! 0;; 2, #! $#8
- 2. G3' < &<$ 3. 043%0 ? &< &<$ 6$+ 0! H, 4$89 $3' 0! &0 &3' &$8
- 3. I 6 34$, 7&, #! $%+ , ' <#00+ 0! 76 3&$8F07 ? &< JK 0; &<$ 3#, " , 6 3=&<$! 3%%&<$ ' 3, ' 3" $ 73&&58@! ' < ? &< JK 0; &<$ 3. 043%0 3! %3 ' 64$ 0; 2340! 8L 3&<0&8

4, 5 6* , %$

- 1&$7*($ M#' 3! 4 N340!
- -&8 LO&#3 : $3! P#0, ! %F, #1$5
- - Q, 44<! RP#3&$%S
- -91&$: P#0, ! %93" $
- 1 I 0#&02$6 0 G, ' <#00+ / 37'
- - E. 043%0
- - : $+ 0! RT, 4$%S
- -&, ; : E#, " , 6 3
- - 9$3 9 36&U N6 341 I 77#RF0 &3' &$S

< *(=! 7&> #

<&&7' VK40+ + , ! &5! 3& #36,00% 840+ K

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!'# $%& (#) * + & '

! " #$%$! & ( ) * + ! , &$' ( ) ' $# ! " '

, !%- &* .

/ 0 .! / 0 # $ ' / , 1$2/ ! 34$/ &&4$ 5 05- $#+ $%, + 64 " 4 4$/ &78 559 &4$ &5+ / &5$' , ! &0&4$: ' & #&&5 ; , # &/ ; 5, &<= &5) * + ! , &$' 7

10 >&# ! &4$; / ' 0/ ! %' / @&7?! @ A

2 * &

3' 4& 5' %
B$@" $# &$! / ! / #&" 4&15! & ! $#@5#, 2 &5 C- $ % : ' 7

6 * %#7" 5* %
D%%14522$%@$' 4 ; / ' @32/ #+ $' / ! 5#! , &#&5! / 0: $/ ' &7

8 9%(!' . &

1#& ; D- 51/ %5 E 0

**1# $;** 8 4$## F5+ / &5$'

/ #& ; G#$%H/ ' 0

/ <=#& ; >$/ >/ @&

6 !- > '#? 4 %
4&2' IJ15+ + , ! & ! / & # @55% 715+ J

! "#$$"%& ' ( ) *

! " #$%$! & ( ) * + ! , &$' (- ' $# ! " '

+ , &-,. ! /

01 / 012$ $" " ' 3' 4 ! 125 1! %' 10& ! 1 60$! %$#1! %60$! %, ! &07 $0028+ 6 ! $%9

21 : $1&2828! , &8 0 ! 1 01#' $ ' ; 00$&8. $#+ $%, + 5$1&9/ 8, #&5$ + <&, #$! &8 &5$ ' ; 00$&1! % 28! &! , 8, ' 0= ' &#&8 ' 2#1+ 60$ &5$ $" " ' 7 5 0$ &5$= 288; 9

31 > . %$ 8! &8 4018$' 1! %$! ?8=@

4 . - /

4 . "5 . & ! 6-"7 ,*
A' $ 6, &&$#8" 5$$ 8#1. 821%8 8 09

% 8 ";-"9 ,-:
B128! 3&81' &87 580$ " #1 ! 2#12; $# 38#8, #C#1 ! DE#$$ E01< B#$1%#$2 4$9

;! $ <, ! -/

= F" "

2"&6>/ B16= G4 ! 125

0?2"-/ > G$1 G10&

0"-) / > H828! , &I 0

! " #$%&' ! () * +& () * ! * , &-

! " #$%$! & ( ) * + ! , &$' (- ' $# ! " '

. /0& #/ ! -

12 /! 0! $ 0120, #+ 3 ! " 405 6 780+ 4 ! $ %#2 ! " #$%$! & 9 6+ 0! %16, #74: ; ! " ' 0% 7' $: ' : 6&<&0" $&=$#>

32 /! 0! $ 0120, #+ 3 ! " 405 6 780+ 4 ! $ 5 $& ! " #$%$! & 9 8080! , &+ 6 7. : ! 6 $3&# 8&7$" " < &0" $&=$#

42 /! 80#?0# &$ 5 $& ! " #$%$! & 5 &= %#2 ! " #$%$! & >

52 @0 6% ! 6$+ 0! A$' &>

62 B6 8$ ' ; 6$&, ! %$#+ $%, + =$: &: ! %: %%8080! , &0 6>

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21day kick sugar program

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21day kick sugar program

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21day kick sugar program

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