



**Eat 80:20 Or Stay Fat!: Eating carbohydrates in this ratio of vegetables makes it impossible to gain weight from carbs!**

*Chef Dave Wells*

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# **Eat 80:20 Or Stay Fat!: Eating carbohydrates in this ratio of vegetables makes it impossible to gain weight from carbs!**

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Excellent flavors that deliver healthy fiber, and great digestion. Eating carbohydrates in this ratio to vegetables makes it impossible to gain weight from carbs!”

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