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the 4 basic principles that you need to employ to remain healthy and lean.

1. Always eat the minute you wake up: never start your day with tea or coffee.
2. Eat every 2 to 3 hours during the day.
3. Eating (quantity of food) should be directly proportionate to your activity levels.
4. There should be a minimum gap of 2 hours between the last meal and bedtime.

Now look at the recall. None of our principles are being followed. You can expect Robin...

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