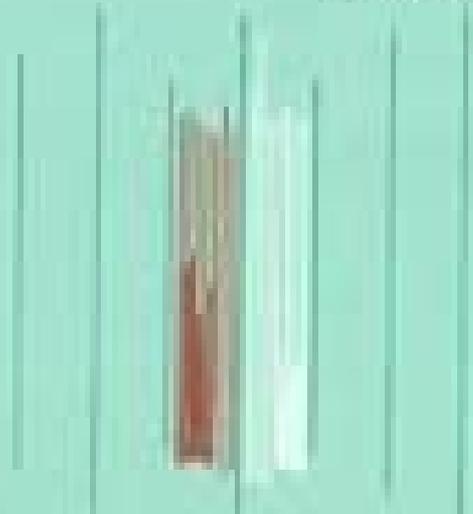


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web toplamda 4000 kaloriye tekabül eden günlük beslenmenizin 1800 2000 kalorisi karbonhidrattan oluşabilir tabii ki öncelikle boks eğitimi alırken boks eğitmeninize

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web düzenli spor yapmak ve fitness beslenme kilo alma için de faydalıdır bunun için öğünlerin karbonhidrat yağ ve protein dengesinin iyi kurulması ve vücudun kas oranını artırmaya

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