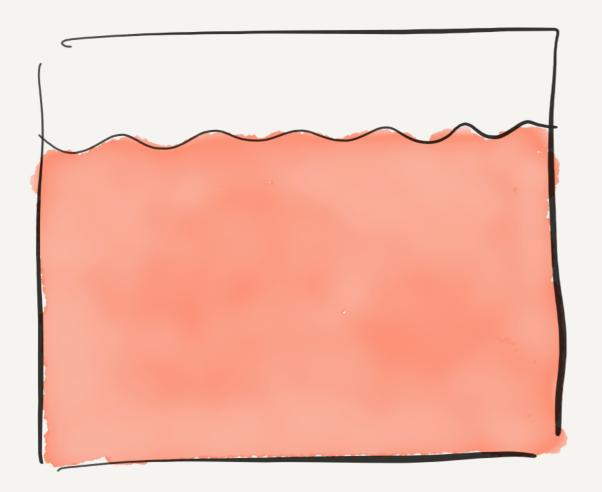
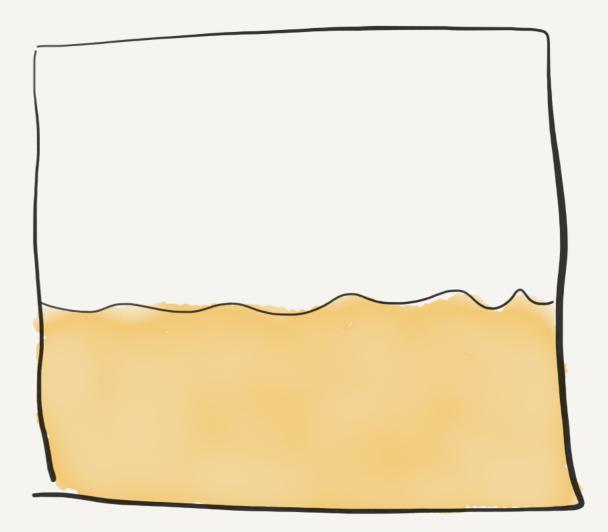
Weight Loss Logic

If this is how much 1 eat normally ...





eat half of 1+2