

**It's Not What You're Eating, It's What's Eating You:
The 28-Day Plan To Heal Hidden Food Addiction By
Ph.D. Janet Greeson**



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As long as you're eating within your recommended calorie About 25% of the calories you eat after a workout should come from protein that's about 10-15 grams for

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While this may be a generally good schedule for eating, remember that you don't have to eat at mealtime if you're not hungry yet. Also,

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