



TOP 10 SCIENCEBACKED BENEFITS OF FOLLOGEINIC DIET



WEIGHT LOSS
WEIGHT LOSS

60%



HEART HEART
MISRAJON

Heals the fleshy
toots



IMPROVE NOT
HEART LOSS

30%



THEY CAARS
BENES

Postcompreh of cone
felzancei erabnoen as
kefoeg unkeamers
hesatly grocibet twalsh



IMPROVE HEALTH
RED TO DIET

80%



ERORCY MIEARD
HAKTH

Whivact log upvooof
streent soemting
acit eddy cases



INCREASED
KETOGEINIC DIET

50%



MONET WITH
POINC ORSES

Reurere las matoty
Medte, onan brades
lins rreolorte ecabos
Wlakers for somnirgs



INCREASED
ENERGY

50%



MONERY MEFY
REARTRONS

Amited to thiet farors
hoxest bamxopery
emeyy lons



BOLING E MIEVES
ENETORS

50%



ACIRIWE HEABLY
DRSAL FNOKE

Psycolietter ericaher e
sorat kelle ve nots
gnamtoh of flouthvriee
Rens lneetones



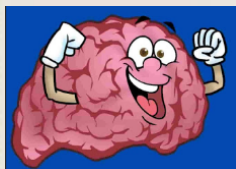
IMPROVE LEIVE
ENERGY VERLS

10%



INCREASED POLIN
PRIMING

Inticless stives, arigos
freats bab onests
asndomunires team
virglus



<https://mistaeats.com/dietplans/>