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The "No" List VEGETABLES • Tomatoes (unless Peeled, Deseeded) • Cucumbers (unless Peeled, Deseeded) • Peas • Sugar Snap Peas • Legumes • Green Beans • Chickpeas • Soy • Tofu • Edamame • Soy Protein • Textured Vegetable • All Jun 1th, 2024

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• Coconut Milk Dairy-free Frozen Desserts (the So Delicious Blue Label, Which Contains Only 1 Gram Of Sugar) • Dark Chocolate, Unsweetened, 72% Or Greater (1 Ounce Per Day) • Enlightened Ice Cream • Keto Ice Cream: Chocolate, Mint Chip, Sea Salt Caramel • Killer Creamery Ice Cream: Chilla In Vanilla, Caramels Back, No Judge Mint Apr 1th, 2024

Steven Gundry: Yes.

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About The Author Steven Holzner Is An Award-winning Author Of Science, Math, And Technical Books. He Got His Training In Differential Equations At MIT And At Cornell University, Where He Got His PhD. He Has Been On The Faculty At Both MIT And Feb 1th, 2024

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In 2017 Professor Girvin Was Awarded An Honorary Degree By Chalmers University Of Technology In Recognition Of His Work In Circuit QED. In 2019, He And Coauthor Kun Yang Published The Textbook "Modern Condensed Matter Physics." Author: Girvin, Steven Created Date: Feb 1th, 2024

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