

Whose child
is this?



A Training Hearts Blog
by Mario Cannavo

Whose Child Is This

SB Merriam



Whose Child Is This:

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to 2 grams of protein per kilogram of weight should be consumed throughout the day with 0.4 to 0.55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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