

Happy Fitness

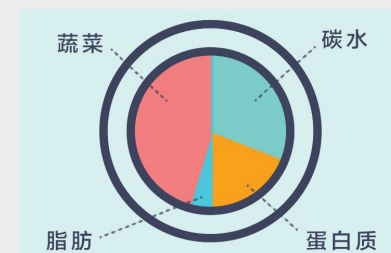
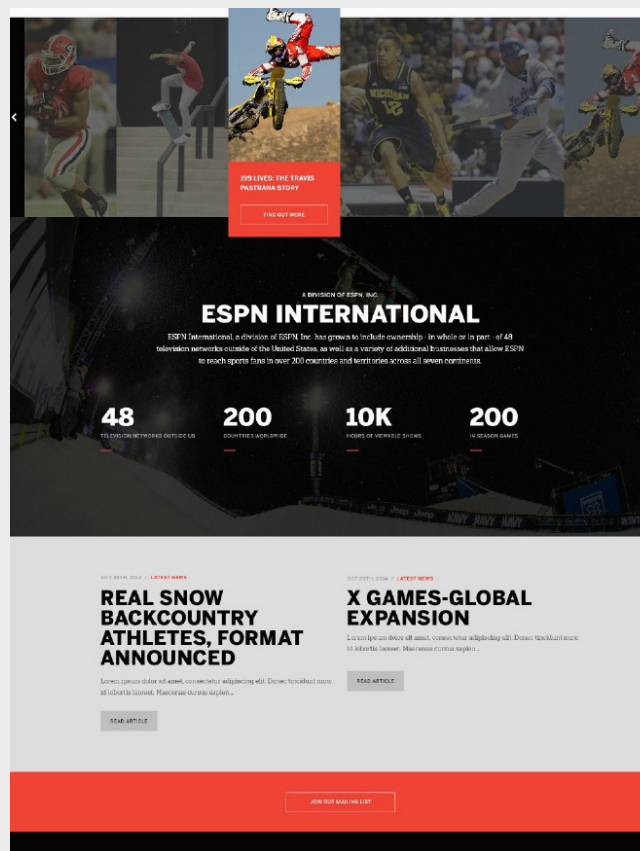
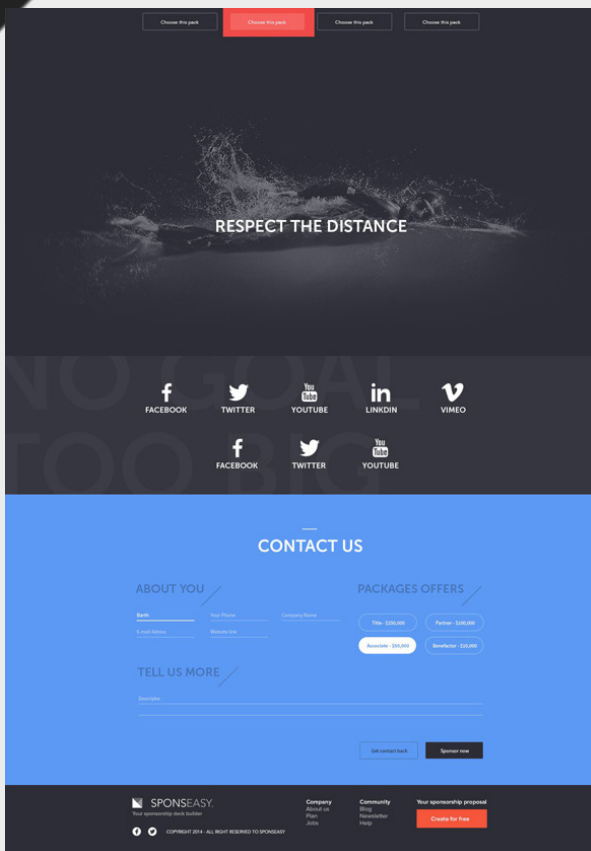
Site description:

A tutorial sites about fitness, include some easy way to contry diet and workout plan.

Goal:

Help user find a easy way to lose weight.
User can get helpful information about fitness easily and quickly.

Inspirations & Research



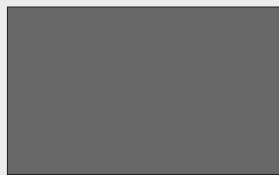
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|------------|-----------|
| 蛋白质 | 碳水 |
| 鸡胸肉 | 糙米 |
| 瘦牛肉 | 藜麦 |
| 火鸡肉 | 低糖水果 |
| 鸡蛋 | 红薯 |
| 瘦猪肉 | 燕麦 |
| 鱼肉 | 全麦意面 |
| 蔬菜 | 脂肪 |
| 西兰花 | 奶酪 |
| 生菜 | 牛奶 |
| 胡萝卜 | 酸奶 |
| 芦笋 | 牛油果 |
| 包菜 | 橄榄油 |
| 豇豆 | 坚果 |

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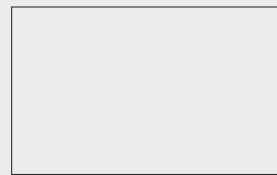
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