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 guidelines for a bodybuilding diet include 55 to 60% of calories  
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 carbohydrate consumption, but lax about eating a sufficient  
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 take in five or six servings every day. Ultimate Bodybuilding Guide  
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 them, stick with the program for six weeks to allow it to work.  
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Vegetables are one of the most overlooked components of  
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 their protein and complex carbohydrate consumption, but lax  
 about eating a sufficient quantity and variety of vegetables.  
 Bodybuilders should strive to take in five or six servings every  
 day.

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foods are needed to achieve this balance.

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