

PIC·COLLAGE

I had to step on the scale twice to be sure of what I was seeing. I now weigh 120! 3.5kg lighter than 2 weeks ago when we started!



I don go use the ginger/joy exercise and here's a picture of my sweaty face saying good morning and thank you

6:37 AM

Eat2fit 9ja

Good morning sweetheart

7:23 AM **//**

Good morning ma 7:34 AM

Ma this is my picture, there is a very big difference, especially on my health because i was diagnosed of obesity, kidney stone, migraine headache, infact i thought my village people have for my life, to the extent i went to many hospitals, even UCH, yet all the drugs they gave me is not helping issues at all.

But my testimony today is, since i started this keto diet i have never taken any medication, no body pains, no more headache, no more back/ waist pain,i feel lighter, smarter, strong.

Thank to keto

Hope we continue next month



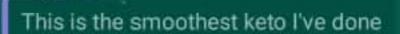
Naaaa 1:39 PM

I'm very fine 1:40 PM

This is the smoothest keto I've done

Mier-

1:40 PM





1:41 PM W

I'm very fine



1:41 PM W



You • Eat2fit 9ja August Bootcamp

Good morning beautiful people.

A rare privilege that we made it to this morning....

Enjoying my meals oo

Infact, seeing changes already

I feel light all, and tommy going down.







Good morning sis. My facelift dey blow my head A. A. A. Chai fat is a bastard....see fine babe naa.

Uzoma camp

Good morning sis. My facelift can be contained to the contained of Canal Contained to the contained of the c



I'm blushing on your behalf

9:12 AM **//**

Good morning dearie 9:12 AM V/



The Journey to a Healthier, Vibrant You!

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- 1. Tailored meal plans
 - 2. Natural detox programs
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