

# Hip Hop Abs Fast Food Eating Guide

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Hip Hop Abs does promote healthful eating as part of the exercise program. Hip Hop Abs also comes with a nutrition guide to help you focus on Hip Hip Abs, HHA.

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May 28, 2013 Day #3Junk Food Temptationthrow away your junk food temptation food in your house that can or will stop you from success in your fitness goals.