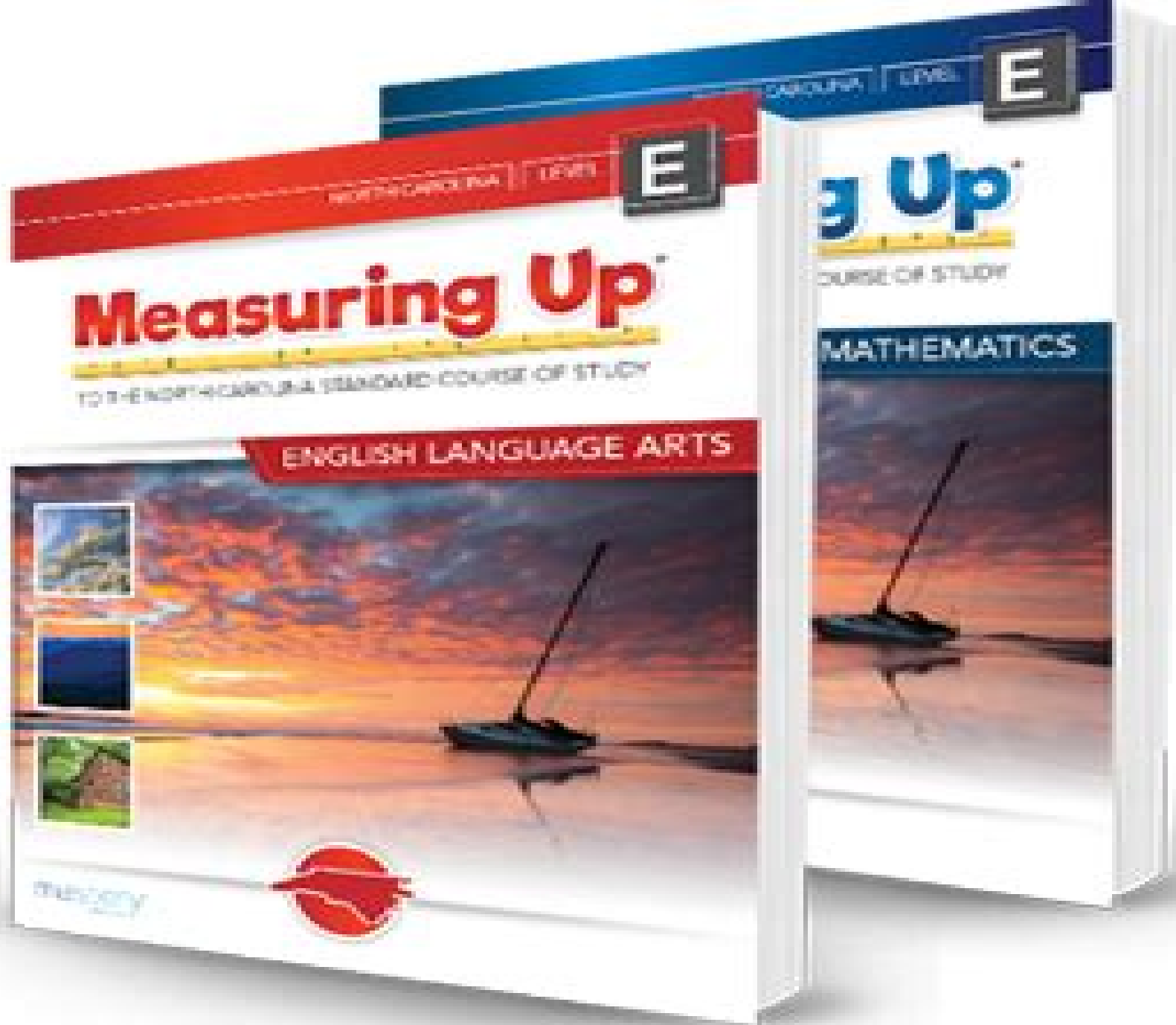




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roughly 50 carbs 25 protein 25 fruits and vegetables limit your consumption of foods that are high in fat and fiber which may cause stomach issues during your run

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