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<p>ENDOMORPH</p>	<p>Famous Examples:</p> <p>Jane Russell Marilyn Monroe Elizabeth Taylor Oprah Winfrey Robin Williams</p>
<ul style="list-style-type: none">•You gain weight from both muscle and fat easily•You have a slow metabolism- you gain 10lbs just thinking about eating a potato•You're round in shape•Gynoids (female endomorphs), when at their correct weight and measurements, have the hourglass figure that the boxy among us covet	<ul style="list-style-type: none">•You have difficulty losing weight•Weight usually settles in the midsection for androids (male endomorphs)•Weight usually settles in the hips and thighs for gynoids

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Carb cycling is an eating plan with alternating high-carb and low-carb days. ... You Get PDF Files Of Your Diet & All Information Needed Including Do's ... -Endomorph Male Diet: This Diet is for b o d y type that is solid and generally soft. ... -Female Fat Loss Diet: This Diet is self explanatory, designed for fat and weight loss for Feb 6, 2020 — You may hate your body shape, but forget the endomorph diet. ... Talk to any of your female friends, and I bet you'll hear similar laments. ... Prescribing a dietary plan for someone based on the appearance of their body is ...

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meso-endomorph female diet plan

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diet and exercise plan for endomorph female

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