

breakfast like a king diet

****Breakfast Like a King Diet: Fuel Your Day the Right Way****

Breakfast like a king diet is more than just a catchy phrase; it embodies a lifestyle choice that emphasizes starting your day with a hearty, nutrient-rich meal. The idea is simple yet powerful: eat a substantial breakfast, a moderate lunch, and a lighter dinner. This approach has been linked to improved energy levels, better weight management, and enhanced overall health. Let's dive into what makes the breakfast like a king diet so effective and how you can incorporate it into your daily routine.

Understanding the Breakfast Like a King Diet

The concept of "breakfast like a king" dates back to timeless wisdom that the first meal of the day should be the most important and substantial. It's about giving your body the fuel it needs after a night of fasting, setting the tone for your metabolism and energy expenditure throughout the day.

Why Breakfast Matters

Eating a nutritious breakfast kick-starts your metabolism, helping your body burn calories more efficiently as the day progresses. When you skip or skimp on breakfast, your body can go into energy conservation mode, slowing down your metabolism and potentially leading to overeating later in the day. This diet encourages consuming a well-balanced breakfast that includes proteins, healthy fats, and complex carbohydrates, all of which contribute to sustained energy and mental clarity.

The Science Behind the Meals

Research has shown that people who eat a larger breakfast tend to have better blood sugar control and reduced cravings for unhealthy snacks. By consuming most of your daily calories early, the breakfast like a king diet aligns with your body's natural circadian rhythms, promoting better digestion and nutrient absorption. Additionally, this eating pattern may improve insulin sensitivity, making it an excellent strategy for those managing or preventing type 2 diabetes.

What Does a "King's Breakfast" Look Like?

So, what exactly constitutes a breakfast fit for royalty? It's not about piling your plate with endless quantities but focusing on quality and balance.

Key Components of a Balanced Breakfast

- **Proteins:** Eggs, Greek yogurt, lean meats, or plant-based alternatives help build and repair tissues and keep you full longer.
- **Healthy Fats:** Avocados, nuts, seeds, and olive oil provide essential fatty acids that support brain health and hormone production.
- **Complex Carbohydrates:** Whole grains like oats, quinoa, and whole-wheat bread offer slow-releasing energy and fiber.
- **Fruits and Vegetables:** Adding fresh produce boosts vitamins, minerals, antioxidants, and fiber.

Sample Breakfast Ideas

- Scrambled eggs with spinach, tomatoes, and whole-grain toast topped with avocado.
- Greek yogurt parfait layered with mixed berries, chia seeds, and a drizzle of honey.
- Oatmeal cooked with almond milk, topped with sliced bananas, walnuts, and cinnamon.
- Smoothie bowl combining kale, frozen berries, protein powder, and flaxseeds.

These meals not only satisfy hunger but also provide a range of nutrients that support sustained energy and cognitive function throughout the morning.

Balancing Lunch and Dinner in the Breakfast Like a King Diet

While breakfast gets the royal treatment, the rest of your meals should be more modest. The principle here is to eat a moderate lunch and a light dinner, which helps prevent overeating and promotes better sleep.

Why Eat Light in the Evening?

Eating a heavy dinner can interfere with digestion and disrupt sleep patterns. The breakfast like a king diet encourages a lighter evening meal focusing on vegetables, lean proteins, and fewer carbs to allow your body to rest and repair overnight.

Lunch Tips for Sustained Energy

Lunch should be balanced but smaller than breakfast. Incorporate fiber-rich vegetables, moderate protein portions, and avoid overly processed foods. This approach keeps blood sugar stable and prevents the mid-afternoon energy slump.

Benefits of Following the Breakfast Like a King Diet

Adopting this dietary pattern offers numerous benefits beyond just feeling satisfied in the morning.

Improved Metabolic Health

Eating a substantial breakfast has been linked to improved insulin sensitivity and better control over blood glucose levels. This can reduce the risk of metabolic disorders, including diabetes and obesity.

Enhanced Weight Management

Contrary to some dieting fads that promote skipping breakfast, this diet helps regulate appetite and reduce cravings. By fueling your body early, you're less likely to overeat later, supporting sustainable weight loss or maintenance.

Boosted Energy and Mental Focus

A nutrient-dense morning meal provides essential vitamins and minerals that enhance brain function. Many people report better concentration, mood stability, and endurance throughout the day when following this eating pattern.

Tips to Successfully Implement the Breakfast Like a King Diet

Starting a new eating routine can be challenging, but with a few strategies, you can make the breakfast like a king diet a natural part of your lifestyle.

- **Plan Ahead:** Prepare breakfast ingredients the night before to save time in the morning.
- **Choose Whole Foods:** Focus on minimally processed ingredients to maximize nutrient intake.
- **Listen to Your Body:** Adjust portion sizes based on your hunger cues and activity levels.
- **Stay Hydrated:** Drinking water or herbal teas in the morning aids digestion and hydration.

- **Incorporate Variety:** Rotate different breakfast foods to avoid monotony and ensure a broad nutrient intake.

Common Misconceptions About the Breakfast Like a King Diet

There are a few myths surrounding this approach that are worth addressing to ensure you get the most from it.

Myth: You Need to Eat a Huge Breakfast

The phrase “breakfast like a king” doesn’t mean overeating. It’s about consuming a balanced and filling meal that suits your individual needs, not a massive plate that leaves you sluggish.

Myth: Skipping Breakfast Is Better for Weight Loss

While intermittent fasting can benefit some, skipping breakfast often leads to increased hunger and poor food choices later. Eating a nutritious morning meal supports metabolism and helps regulate appetite.

Myth: Breakfast Foods Are Limited to Sweet Options

This diet encourages diverse options, including savory and protein-rich meals. Think beyond sugary cereals and pancakes to options like eggs, legumes, and vegetables.

Incorporating Physical Activity with Your Breakfast Like a King Diet

Pairing your diet with regular exercise can amplify the benefits. Having a nutrient-dense breakfast provides the energy needed for morning workouts or daily activities.

Morning Exercise and Breakfast Timing

Some people prefer to exercise before breakfast, while others feel better eating first. If you choose to eat beforehand, a light yet balanced meal can enhance performance and recovery. For post-workout breakfast, prioritize proteins and carbohydrates to replenish energy stores and support muscle repair.

Staying Consistent

Consistency is key. Establish a routine where your breakfast supports your lifestyle, whether it's an active morning or a busy workday. This steadiness helps maintain energy levels and promotes healthy habits over time.

The breakfast like a king diet offers a timeless and evidence-backed approach to nourishing your body. By prioritizing a wholesome morning meal and balancing the rest of your day's intake, you can experience improved energy, better health, and a more mindful relationship with food. Embracing this way of eating could be the simple change that makes a big difference in your daily wellbeing.

Frequently Asked Questions

What is the 'breakfast like a king' diet?

The 'breakfast like a king' diet emphasizes eating a large, nutritious breakfast to fuel your day, with smaller meals later. It focuses on high-protein, balanced meals in the morning to boost metabolism and energy.

What foods are recommended for a 'breakfast like a king' diet?

Recommended foods include eggs, whole grains, lean proteins, fruits, vegetables, nuts, and dairy. The goal is a balanced meal rich in protein, fiber, and healthy fats.

How does eating breakfast like a king benefit weight loss?

Eating a substantial breakfast can reduce hunger later in the day, prevent overeating, and improve metabolism, which may help with weight management and fat loss.

Is the 'breakfast like a king' diet suitable for everyone?

While many benefit from a large breakfast, it may not suit everyone, especially those with specific medical conditions or intermittent fasting routines. Consulting a healthcare provider is recommended.

Can the 'breakfast like a king' diet improve energy levels?

Yes, a nutrient-dense breakfast provides essential energy and nutrients, helping improve focus, mood, and physical performance throughout the day.

How does the 'breakfast like a king' diet affect blood sugar levels?

Eating a balanced breakfast with protein and fiber can stabilize blood sugar levels, preventing spikes and crashes that lead to cravings and fatigue.

What are some popular breakfast meals in the 'breakfast like a king' diet?

Popular meals include omelets with vegetables, Greek yogurt with nuts and berries, whole-grain toast with avocado and eggs, and smoothies with protein and greens.

How can I start incorporating the 'breakfast like a king' diet into my routine?

Begin by prioritizing a balanced, substantial breakfast each day, planning meals that include protein, healthy fats, and fiber, and gradually adjusting your portion sizes and timing.

Additional Resources

Breakfast Like a King Diet: An In-Depth Look at the Morning Meal Strategy

breakfast like a king diet has steadily gained attention in nutritional and wellness circles, championed as a strategy to optimize metabolism, energy levels, and overall health by emphasizing a substantial morning meal. This approach contrasts sharply with trends promoting intermittent fasting or minimal breakfasts, positioning the first meal of the day as a cornerstone for dietary success. But what exactly does "breakfast like a king" entail, and how does it fit into modern dietary paradigms? This article explores the origins, principles, scientific backing, and practical considerations of the breakfast like a king diet, providing a balanced perspective on its benefits and potential drawbacks.

Understanding the Breakfast Like a King Diet Concept

At its core, the breakfast like a king diet advocates starting the day with a large, nutrient-dense breakfast—the "king" of meals—followed by progressively smaller meals as the day unfolds. This philosophy is often summarized by the adage: "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." The central premise is that consuming the majority of calories earlier in the day leverages the body's natural circadian rhythms, potentially enhancing metabolism and weight management.

Historically, this approach has roots in traditional eating patterns where breakfast was the most substantial and energy-rich meal to fuel labor-intensive mornings. In contemporary settings, the diet encourages a breakfast rich in proteins, complex carbohydrates, healthy fats, vitamins, and minerals to sustain energy and reduce overeating later.

Core Components of a King-Size Breakfast

A breakfast befitting a king may include:

- **Proteins:** Eggs, lean meats, dairy, or plant-based alternatives to support muscle maintenance

and satiety.

- **Complex Carbohydrates:** Whole grains such as oats, whole wheat bread, or quinoa to provide sustained energy.
- **Healthy Fats:** Sources like avocado, nuts, or olive oil to promote heart health and fullness.
- **Fruits and Vegetables:** Fresh produce for fiber, antioxidants, and essential micronutrients.

This combination aims to create a balanced meal that not only energizes but also aligns with dietary guidelines emphasizing nutrient diversity.

Scientific Insights and Nutritional Implications

The breakfast like a king diet intersects with research on meal timing, caloric distribution, and metabolic health. Several studies suggest that front-loading calorie intake in the morning may improve glycemic control and insulin sensitivity. For example, a 2013 randomized controlled trial published in the *Journal of Clinical Endocrinology & Metabolism* found that participants consuming a larger breakfast and smaller dinner experienced greater weight loss and improved metabolic markers compared to those with reverse calorie distribution.

Moreover, eating a hearty breakfast has been linked to reduced hunger and less snacking throughout the day, which may contribute to better appetite regulation. It's worth noting, however, that individual responses can vary widely based on genetics, lifestyle, and metabolic status.

Comparisons with Other Dietary Approaches

Contrasting the breakfast like a king diet with intermittent fasting or low-carbohydrate regimens highlights key differences:

- **Intermittent Fasting:** Often involves skipping breakfast or delaying the first meal to extend fasting periods, focusing on when to eat rather than what to eat.
- **Low-Carbohydrate Diets:** May restrict carbohydrates at all meals, including breakfast, to promote fat utilization.
- **Traditional Balanced Diets:** Spread calories more evenly or according to personal preferences without emphasizing a dominant meal.

While the breakfast like a king diet stresses a large, balanced breakfast, other approaches prioritize caloric restriction or timing mechanisms, underscoring the importance of individualized nutrition.

Practical Considerations and Potential Challenges

Implementing the breakfast like a king diet requires thoughtful planning and lifestyle adjustments. Preparing a substantial morning meal can be time-consuming, which may pose challenges for individuals with busy schedules or early commutes. Additionally, cultural and personal eating habits might influence adherence.

From a nutritional standpoint, the quality of the breakfast matters significantly. Overloading on processed or high-sugar foods under the guise of a large breakfast could undermine health goals. Therefore, prioritizing whole foods and balanced macronutrients is crucial.

Pros and Cons of the Breakfast Like a King Diet

1. Pros:

- May enhance metabolism and energy expenditure earlier in the day.
- Improves satiety and reduces tendency for overeating in the evening.
- Supports blood sugar regulation in some individuals.
- Encourages nutrient-dense food choices at breakfast.

2. Cons:

- Time constraints can make preparing a large breakfast impractical.
- Not suitable for everyone, especially those with certain medical conditions or differing metabolic responses.
- Potential for excess calorie intake if portion control is neglected.
- Less flexibility in meal timing which may conflict with personal schedules.

Integrating the Breakfast Like a King Diet into Daily Life

For those interested in adopting this meal timing strategy, gradual integration can be effective. Starting with moderately larger breakfasts focusing on balanced nutrition helps the body adjust while

minimizing disruption. Meal prepping can also alleviate morning time pressures, enabling healthier choices.

It is advisable to monitor individual responses, such as energy levels, hunger cues, and weight changes, to determine if this approach aligns with personal health objectives. Consulting healthcare professionals or registered dietitians can provide tailored guidance, especially for individuals with underlying health issues.

Examples of Breakfast Like a King Meals

- Omelet with spinach, mushrooms, and cheese, served with whole-grain toast and sliced avocado.
- Greek yogurt parfait layered with mixed berries, nuts, and a drizzle of honey.
- Steel-cut oats topped with banana slices, chia seeds, and almond butter.
- Smoked salmon on whole wheat bagel with cream cheese and tomato slices.

These examples illustrate how diverse food groups can be combined to create satisfying and nutrient-rich breakfasts that fit the diet's ethos.

While the breakfast like a king diet offers a compelling framework rooted in traditional wisdom and supported by emerging science, it is not a one-size-fits-all solution. Its effectiveness depends on individual preferences, metabolic responses, and lifestyle compatibility. Nonetheless, emphasizing a balanced and substantial breakfast can serve as a positive step toward improved dietary habits and metabolic health for many.

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unhealthy diets and foods. There are 79 chapters in this comprehensive guidebook. I sincerely feel that this guidebook will help all the persons of all the countries and of all the age groups (from one year to over 100 years) who wish to lead a mentally cheerful, physically healthy and joyful long life by taking healthy diets and avoiding unhealthy ones.

breakfast like a king diet: Dr. Colbert's "I Can Do This" Diet Don Colbert, 2010-09-24 NEW YORK TIMES best-selling book! And author of NEW YORK TIMES best seller The Seven Pillars of Health, along with best sellers Toxic Relief, the Bible Cure series, Living in Divine Health, Deadly Emotions, Stress Less, and What Would Jesus Eat? Dr. Don Colbert has sold more than TEN MILLION books. Too many people fight against their own brain and body chemistry when trying to lose weight. This is the reason that up until now, diets have only had a 2% success rate. Tired of saying, I can't do this! when looking at diet programs? Then let Dr. Colbert help you take advantage of the latest medical breakthroughs that show you how to work with your body, rather than against it to lose weight easily and keep it off for life. Forget the old diets that work against you. With Dr. Colbert's diet, you can say, I can do this! As a medical doctor, Don Colbert deals every day with getting verifiable results that prove a patient is on his or her way to long-term health, not just fixing an immediate problem. And that is what this book is about. Far from being a diet, this program offers principles that are meant to last for life, principles that have been proven to work for thousands of individuals for more than a decade and counting. Dr. Colbert helps readers: Learn the top five reasons why diets fail Explore several fundamentals of weight loss Overcome specific roadblocks to weight loss including insulin resistance, neurotransmitter imbalance, hormonal imbalance, and inflammation Design a program catered just for them, including snacking, cooking, eating out, shopping, supplements, and much more

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and menu plans ideal for each stage, plus recommendations for eating out and enjoying cocktails from day one · More than one hundred original recipes and shopping lists and templates for journaling for better results · Tanya's inspiring anecdotes, case studies, and tool kits for defense against specific food cravings and obstacles, plus super sidebars, tips, tricks, and more to help motivate and inform The Miracle Carb Diet is a life-changing plan that's enjoyable, flexible, and doable, based on Zuckerbrot's extensive clinical experience as well as her in-depth knowledge of cutting-edge food and nutrition science. So go ahead and raise a glass to the Miracle Carb Diet (yes, you can enjoy that wine guilt-free) and celebrate the miracle of fiber that lets you eat more, weigh less, and even add years to your life.

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breakfast like a king diet: *How Not to Diet* Michael Greger, M.D., FACLM, 2019-12-10 Discover the cutting-edge science behind long-term weight loss success, in this powerful new book from the New York Times bestselling author of *How Not to Die*. Every month seems to bring a trendy new diet or weight loss fad—and yet obesity rates continue to rise, and with it a growing number of diseases and health problems. It's time for a different approach. Enter Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of Nutrition Facts website. Author of the mega bestselling *How Not to Die*, Dr. Greger now turns his attention to the latest research on the leading causes—and remedies—of obesity. Dr. Greger hones in on the optimal criteria to enable weight loss, while considering how these foods actually affect our health and longevity. He lays out the key ingredients of the ideal weight-loss diet—factors such as calorie density, the insulin index, and the impact of foods on our gut microbiome—showing how plant-based eating is crucial to our success. But *How Not to Diet* goes beyond food to identify twenty-one weight-loss accelerators available to our bodies, incorporating the latest discoveries in cutting-edge areas like chronobiology to reveal the factors that maximize our natural fat-burning capabilities. Dr. Greger builds the ultimate weight loss guide from the ground up, taking a timeless, proactive approach that can stand up to any new trend. Chock full of actionable advice and groundbreaking dietary research, *How Not to Diet* will put an end to dieting—and replace those constant weight-loss struggles with a simple, healthy, sustainable lifestyle.

breakfast like a king diet: *The Best Life Diet Revised and Updated* Bob Greene, 2008-12-30 From the bestselling author of *Get With the Program!* and Bob Greene's *Total Body Makeover* comes *The Best Life Diet*, a lifetime plan for losing weight and keeping it off. Bob Greene helped Oprah achieve her dramatic weight loss, and he can help you too. You'll eat the same delicious food that Oprah enjoys, and, just like Oprah, you'll have Bob to encourage you at every step. Unlike a

celebrity, however, you don't need to hire a staff of experts to aid and advise you, because Bob's plan, easily tailored to an array of tastes, lifestyles, and activity levels, acts as your personal trainer and private nutritionist. Just open the book and let Bob help you get started down the path toward your best possible life. What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult: seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets, only to backslide and regain the pounds they've shed, have taught him that dropping pounds is not simply a numbers game. By acknowledging that it is not simple laziness but a complicated web of social rituals, cultural expectations, and habits that drives people to gain weight, Greene is able to attack the problem of weight loss realistically and offer not a short-lived, quick-fix formula, but a long-term program that accounts for the challenges and constraints of the real world. Divided into three phases, *The Best Life Diet* gives you the tools you need to change your life. In each phase, you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results. The book also includes easy-to-follow meal plans that make it simple to meet your daily energy and nutrient requirements, whether you are on the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special. You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire-Roasted Tomato-Shrimp Veracruz, Chicken Sausage Jambalaya, or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp. And for each delicious recipe, there is a detailed nutritional analysis, so you know exactly what you are eating and how it fits into your personal eating plan. Most important, Bob's plan doesn't end once you've lost the weight. Instead, it gives you the tools you need to make living your best life second nature, because for Greene, a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve.

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breakfast like a king diet: The Self-Hypnosis Diet (EasyRead Large Bold Edition) ,
breakfast like a king diet: How Not to Age Michael Greger, M.D., FACLM, 2023-12-05 Instant New York Times Bestseller Uncover the evidence-based science to slowing the effects of aging, from the New York Times bestselling author of the *How Not to Die* series When Dr. Michael Greger, founder of NutritionFacts.org, dove into the top peer-reviewed anti-aging medical research, he realized that diet could regulate every one of the most promising strategies for combating the effects of aging. We don't need Big Pharma to keep us feeling young—we already have the tools. In *How Not to Age*, the internationally renowned physician and nutritionist breaks down the science of aging and chronic illness and explains how to help avoid the diseases most commonly encountered in our journeys through life. Physicians have long treated aging as a malady, but getting older does not have to mean getting sicker. There are eleven pathways for aging in our bodies' cells and we can disrupt each of them. Processes like autophagy, the upcycling of unusable junk, can be boosted with spermidine, a compound found in tempeh, mushrooms, and wheat germ. Senescent “zombie” cells that spew inflammation and are linked to many age-related diseases may be cleared in part with quercetin-rich foods like onions, apples, and kale. And we can combat effects of aging without breaking the bank. Why spend a small fortune on vitamin C and nicotinamide facial serums when you can make your own for up to 2,000 times cheaper? Inspired by the dietary and lifestyle patterns of centenarians and residents of “blue zone” regions where people live the longest, Dr. Greger

presents simple, accessible, and evidence-based methods to preserve the body functions that keep you feeling youthful, both physically and mentally. Brimming with expertise and actionable takeaways, *How Not to Age* lays out practical strategies for achieving ultimate longevity.

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breakfast like a king diet: *Pathways to Lasting Self-Esteem* Stanley J. Gross, 2004-09-20 *Pathways to Lasting Self-Esteem* is based on the authors experience as a psychotherapist with his low self-esteem clients. Dr. Gross recognizes the tenacity of low self-esteem, yet he affirms that much can be done to raise it. In *Pathways to Lasting Self-Esteem* he distinguishes his unique approach to raising self-esteem from the many superficial manipulations commonly ineffective in making a durable impact. The book follows a stepwise method that provides practical guidance in a skill-oriented route for the journey. *Pathways to Self-Esteem* recognizes four levels for the development of self-esteem each featuring distinct dilemmas, goals, tasks, and skills. Readers will find the challenge to change buffered by hope to counter despair and safe options to offset fear.

breakfast like a king diet: The Kid-Friendly ADHD & Autism Cookbook, 3rd edition Pamela J. Compart, Dana Godbout Laake, 2020-01-28 *The Kid-Friendly ADHD & Autism Cookbook, 3rd Edition* explains the best diets for children with food intolerances and hypersensitivities that stem from altered biochemistry and which may be causing problems in learning, behavior, development, attention, sensory responses, sleep, and digestion. The authors provide guidelines to help parents determine which diets may be helpful for their child's specific symptoms and needs.

One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that negatively affect their behavior, focus, and development. Linked to this is the challenge of finding ways to get their children to eat the healthy foods that will improve their nutrition. This book provides suggestions for feeding picky eaters, including those with texture issues. The 3rd edition of *The Kid-Friendly ADHD & Autism Cookbook* provides a current and greatly expanded review of the most commonly used diets that are important in the treatment of ADHD and autism. There are recipes appropriate to specific diets as indicated by icons and descriptors with each recipe. The authors share details about just how and why each diet works, examine specialty ingredients in-depth, and provide extensive resources and references. The specialty diets covered include: Gluten-free, casein-free, soy-free Feingold diet: low phenol, low salicylate diet Specific Carbohydrate Diet (SCD) and Gut and Psychology Syndrome Diet (GAPS) Anti-yeast/candida diets, or Body Ecology Diet Low Oxalate Diet (LOD) FODMAP (Fermentable Oligo-, Di- and Mono-saccharides, And Polyols) Anti-inflammatory diet Rotation diet Despite the restrictions of these diets, this cookbook offers an array of tasty choices that kids and the whole family will love, including shakes, muffins, breads, rice and beans, vegetables, salads, main dishes, stews, and even sweets and treats. You'll also find recommendations for school lunches and snacks. This comprehensive guide and cookbook is chock-full of helpful info and research, and includes more than 150 kid-friendly recipes, suitable to the variety of specialty diets.

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