

A top-down view of various meats and fish arranged on a dark grey surface. At the top left is a large piece of red meat with a bone. In the top center is a square block of ground red meat with a wavy texture. At the top right is a piece of red meat with visible marbling. On the left side is a large, thick salmon fillet. In the bottom left is a whole brown egg and a cracked egg showing the yolk. At the bottom center is a whole silver fish. On the right side are several pieces of raw chicken, including drumsticks and thighs. In the bottom right are three round patties of ground red meat with a wavy texture.

# The Leptin Resistance Diet

# Leptin Diet Journal The Blokehead Journals

**The Blokehead**



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