



#suplement #getfit #cardio #cycling #fitfam #fitlife #fitnessaddict #getstrong #liftheavy #nopainnogain  
#sweat #workout #weights #weightloss #gymlife #gymtime #girlswholift #hardlinenutrition #hardline  
#gym #fitness #nutrition #gymmotivation #sport #training #gymlife #transformationtuesday #instagood  
#bodybuilding #power #powerbag



El camote es uno de los cultivos alimenticios mas importantes del mundo en términos de consumo humano, a pesar de que su nombre en inglés (sweet potato) significa literalmente “papa dulce”. Es una raíz, no un tubérculo, a nivel mundial el camote es el octavo cultivo más importante del mundo después del trigo, arroz, papa, tomate, maíz, yuca y bananas.

اللَّهُ الصَّمَدُ  
**Allahu është Mbështet**  
(Atij i mbështetet çdo krijesë)

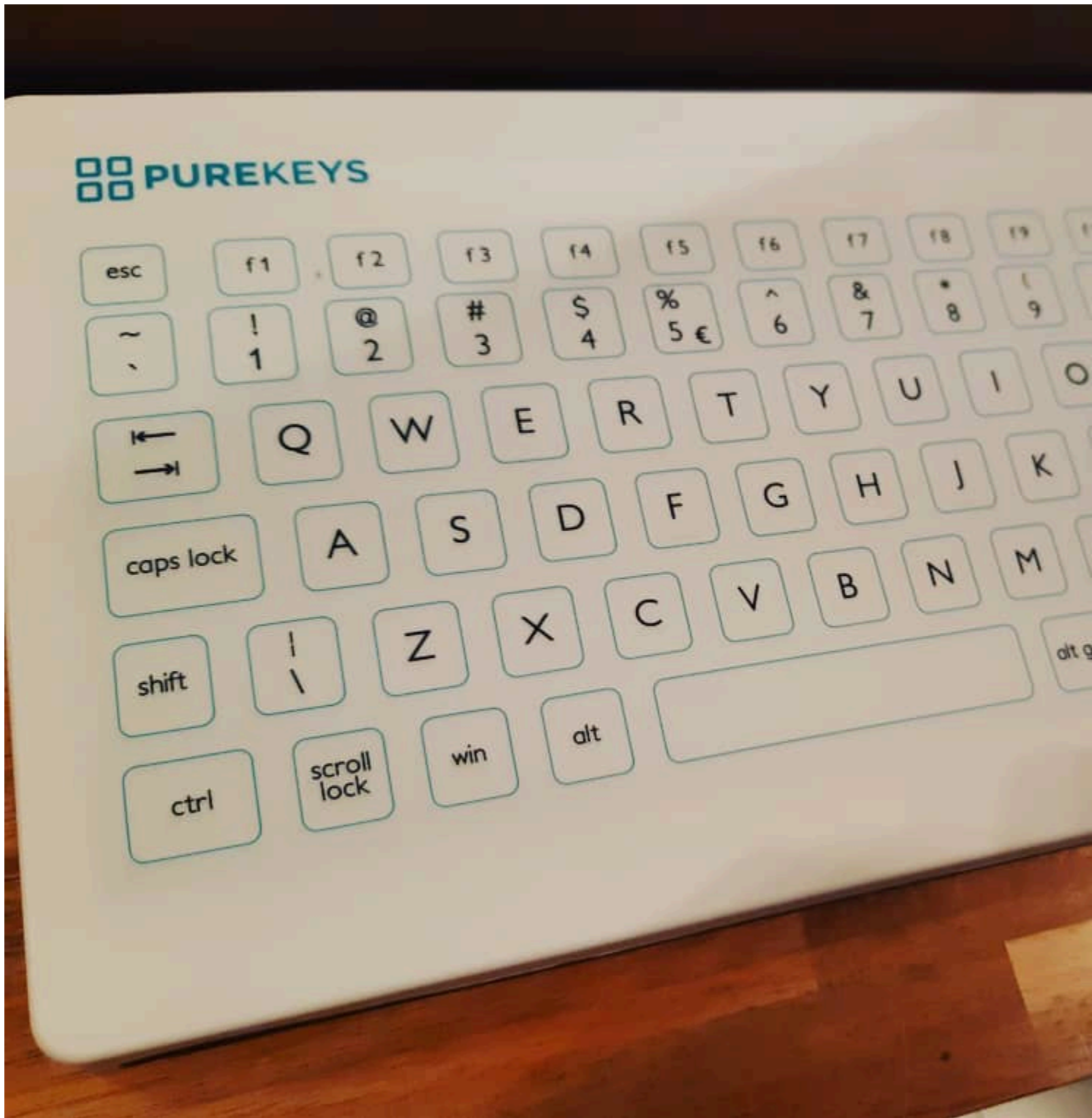
~ Kur'an, Ihlas 2 ~  
@Muslim\_s\_official

Bell peppers are a healthy option that can form part of your daily diet as they contain phytonutrients which have powerful antioxidants in them #[dianabol pills](#)





Gratitude and blessings to all who stand against greed, who risk themselves, to those who have bled and been wounded, and to those who have given their lives in service of the earth.









I like to reflect back on old photos on the weekend's it makes me happy to see how far I have come.  
From a size 18 to a 12/14 😊 I'm still pushing my self to get a few more pounds off but definitely being more relaxed about it 😊