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## **Fit4Ever: Swap It Out**

I recently downloaded an app for my iPhone called “Eat This, Not That!” It’s the official app for the bestselling weight loss book series by the same title, which offers simple food and drink swaps we can make when eating out, grocery shopping and cooking. While not all of their swaps are necessarily “healthy.” they are always better options than the popular choices listed.

### **Bible Reference:**

Colossians 3



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