J. Lo and A-Rod's 10 Day Challenge: No Carbs and No Sugar!

Jennifer and Alex Rodriguez challenge you to no carbs and no sugar for 10 straight days. No Cheating #10daychallenge

- [ ] Day 1
- [ ] Day 2
- [ ] Day 3
- [ ] Day 4
- [ ] Day 5
- [ ] Day 6
- [ ] Day 7
- [ ] Day 8
- [ ] Day 9
- [ ] Day 10

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