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October 9th, 2018 - Nutritionist Isabelle Huot Ph D is introducing Kilo Solution?s variety of ready to eat frozen meals and healthy snacks Kilo Solution meals have a simple list of ingredients they are low in calories low in sodium and do not contain preservatives''Kilo Solution by Starfrit Starfrit September 29th, 2018 - Launched in 2009 by Isabelle Huot Kilo Solution?s unique 360° approach combines nutrition kinesiology and psychological services as well as lifestyle coaching to help people attain their healthy life style goals'

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