



The
PTI BUZZ
Carol Kur, MSRE

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- [Franchise Info](#)
- [About Us](#)
- [Locations](#)

Best Fish For Weight Loss

The best fish contain, 68-100 calories per 3.5 ounce servings
flounder, bass, cod, halibut, catfish, tilapia, orange roughy, snapper
sole and shellfish.

Oily Fish contains, 130-220 calories per 3.5 ounce servings
salmon, tuna, swordfish, sardines, mackerel, sablefish

Replacing two red meat meals with fish will instantly help
jump start your weight loss

By going fishing you can burn up to 150 calories in just half
an hour!!!!

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