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Julius Kieser is the author of FITtosophy 1 (3.25 avg rating, 4 ratings, 0 reviews, published 2012), The Math Diet (3.00 avg rating, 1 rating, 0 reviews) ...

Julius Kieser (Author of FITtosophy 1)

Their diet was mostly grain: wheat, barley, and oats, mainly, but also spelt and rye. Just as Roman soldiers were supposed to dislike meat, so too they were supposed to detest beer; considering it far inferior to their native Roman wine.

Did Roman Soldiers Eat Meat? - ThoughtCo

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