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DIET TO LOSE WEIGHT: LOSE WEIGHT FAST WITH DASH DIET RECIPES AND GRAIN FREE GOODNESS (PAPERBACK)



Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Diet to Lose Weight Lose Weight Fast with DASH Diet Recipes and Grain Free Goodness contains both grain free recipes and DASH diet recipes. In this book, you will find weight loss tips in addition to the two weight loss plans. Receive help with the DASH diet menu as you plan your meals for a...

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- Authored by Adrienne Simmons, Kristina Harper
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