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(Carlie Bahringer IV)

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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you knew that you can lose 1 POUNDS DAILY AND MAKE YOUR WEIGHT LOSS DREAM A REALITY Your problem will come to a halt after you have applied the instruction in this book. If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results daily, because it proven to work. If you are dead broke, crazy busy, or totally unmotivated. Fear not because this book will get you on track. Are you a novice cook in need of basic pointers to lose weight? Or a seasoned chef looking for new challenges? Discover the best tips you need to eat smarter and healthier with simple start. If you are an experienced or novice cook, you will find a wealth of food information and cooking techniques to help you make the most of your food budget and create tasty recipes. Healthy lifestyle begins in your kitchen. That is the sole aim of writing this cookbook, to show you how to have a joyful and healthy relationship when it comes to choosing the right meal to at each time of your weight plan. This book will make you GET IN SHAPE AND STAY IN SHAPE.



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