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By Spudtc Publishing Ltd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you have problem sticking to your Hungry Girl diet plan and losing weight? Use this Hungry Girl diet journal to document down your dieting journeys. The Hungry Girl diet is a four-week plan that allows you to eat three meals and three snacks a day, offering over 40 recipes to choose from. By using a diet notebook, you are twice more likely to lose weight and keep it off. Order this Hungry Girl Diet Journal now!.



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