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Weight Watchers (a Beginner's Guide): Base on Fact! Discover How I Lost 30lbs in 3weeks on a Low Budget: Eat Smarter and Look Healthier with Simple Start

By Jessy J Smith

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you know that you can lose 30LBS on a 3 weeks diet plan 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 in 3 weeks, because it proven to work. THE WEIGHT WATCHERS (A BEGINNER S GUIDE): Based on fact! Discover How I lost 30LBS in 3Weeks on a Low Budget: Eat Smarter and Look Healthier with Simple Start is a collection of mouth-watering recipes that are low in calories, fat, gluten free and have low sugar. 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...



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