

FREE DIET PROGRAM



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1 200 Calorie Diet Menu 7 Day Lose 20 Pounds Weight Loss

Make a quesadilla by spreading 1/4 cup fat-free refried beans over a 100% stone-ground corn tortilla. Sprinkle on 1 ounce shredded reduced-fat cheese. Sprinkle on 1 ounce shredded reduced-fat cheese.

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Toll-Free: 888.884.5326 Local: 517.467.6995 Email: info@dietfree.com

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