

## **WEIGHT LOSS PROGRAM FOR KIDS**



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John McDougall, M.D., is the author of many previous books, including The McDougall Program, The McDougall Program for Maximum Weight Loss, and The New McDougall Cookbook. He is also the author of The Healthiest Diet on the Planet: Why the Foods You Love Pizza, Pancakes, Potatoes, Pasta, and More Are the Solution to Preventing Disease and Looking and Feeling Your Best.

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