

## [HOW TO LOSE WEIGHT BOOKS](#)



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### **Lose Weight by Eating Audrey Johns' Clean Eating Cookbook**

Lose Weight by Eating is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every day and still shed those unwanted pounds. Lose Weight by Eating includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, nachos, meatloaf, and cookies all bursting with flavor and fewer than 500 calories per meal.

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### **How to Lose Weight Fast 3 Simple Steps Based on Science**

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