

## [CAMERON DIAZ NUTRITION BOOK](#)



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### **Cameron Diaz Reveals Her Diet and Secret to Wellness**

For Diaz, 43, wellness is a responsibility that everyone should be more mindful of when going about with our lives. We take wellness for granted, as something that most of us are born with.

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### **The Body Book by Cameron Diaz 2014 Food list Chewfo**

The Body Book (2014) is a whole-body book that covers eating, exercise, and believing that your body is beautiful. Eat whole, unprocessed foods. Protein throughout the day, whole carbs, unsaturated fats, veggies and fruits. Drink lots of water. Avoid fast foods, processed foods, added sugars, saturated/trans-fats.

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### **Cameron Diaz nutrition book in the works Eat Better**

Like so many other celebrities that are unsatisfied simply being one type of famous, Cameron Diaz has decided to write a book. And it's not your typical self-indulgent narrative about my life that I can shove down your throat because I have a lot of money book (a la Snooki) no, this is a nutrition and healthy lifestyle [ ]

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Cameron Diaz is quite literally taking a page from the book of her good friend Gwyneth Paltrow.

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### **Cameron Diaz Writing Nutrition Book femalefirst.co.uk**

Cameron Diaz is writing her first book. The 39-year-old star is penning a tome about the importance of nutrition and staying healthy for young girls after gaining inspiration from her friend

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### **Cameron Diaz Goes Natural womenshealthmag.com**

Photos of Cameron Diaz without makeup from her Instagram promoting her new nutrition book

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### **Cameron Diaz' new 'Body Book' is all about nutrition**

Actress Cameron Diaz' new book comes out December 31. (AFP) Hollywood star Cameron Diaz has taken a page from her good friend Gwyneth Paltrow and written a book on nutrition and health.

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### **Cameron Diaz offers advice on getting your best body**

Cameron Diaz offers advice on getting your best body. Cameron Diaz shares her ideas for good nutrition, exercise in new book, The Body Book.

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### **The Body Book The Law of Hunger the Science of Strength**

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women.

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### **Cameron Diaz's The Longevity Book 11 Things I Learned**

When I heard Cameron Diaz speak at an intimate gathering of meditators, I was blown away by her passion and knowledge of the science of aging. Since then, I've been waiting for her second book, The Longevity Book, and was thrilled to get my hands on an early copy.

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### **I Tried Cameron Diaz's Diet Yahoo**

Courtesy of The Body Book/Harper Collins. By her own admission, Cameron Diaz was one of those people who

ate and ate and ate and never got fat.

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