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hungry girl

By XU XI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pages Number: 192 Publisher: Old Wu Xuan Publishing House Pub. Date :2011-05-01. hungry girl is a book about food and weight-loss magic book. a female thin beauty must-read things. to help solve the glutton and the beauty of every woman between the twist. This book presents 150 low-calorie diets of 200 calories and eating out guide. and detailed description of each food calorie. protein. fat and so on. Low-calorie and nutritious dishes. a wide variety. so that women no longer suffer hunger. open your mouth. eat. The book tells the humorous tone of the various food secret language. can enjoy delicious. but also a beautiful harvest. Contents: Chapter 1 morning. give yourself a little love - eat breakfast do not mix the magic of youth. fat. slim coexistence secret - Apple soy milk every day is Halloween - low-fat pumpkin soup mix and match new method of Chinese and Western - tomato egg Tom + toast intestinal freshener - milk porridge elegant western sun - ham and eggs for the morning wake up - Apple portable thin loin...



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