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THE 52 DIET SOUP AND SALAD RECIPES FAT SHREDDING 52 DIET RECIPES TO HELP YOU LOSE WEIGHT FASTER AND STAY HEALTHY FAST DIET RECIPE BOOK



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 116 pages. Dimensions: 8.5in. x 5.9in. x 0.6in.These recipes are ideal for 5: 2 dieters and others who want to lose weight faster, permanently and also for those who want to eat healthier nutrient-rich low calorie meals. All recipes included are for 100, 200 and 300 calorie-counted meals with 1 serving each. It is important to note that fasting predates the modern diet and that...

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- Authored by Diane Sharpe
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