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THE BELLY BURN PLAN: SIX WEEKS TO A LEAN, FIT & HEALTHY BODY



HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Belly Burn Plan: Six Weeks to a Lean, Fit & Healthy Body, Traci D. Mitchell, Say goodbye to unsightly and dangerous belly fat in just three weeks with this easy-to-follow diet and exercise program-includes 65 recipes. Muffin tops, love handles and pot bellies have finally met their match with The Belly Burn Plan, an easy-to-follow diet and exercise program that yields measurable results in just six weeks. Developed for the...

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- Authored by Traci D. Mitchell
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