

PDF FULL The Plant Paradox Quick and Easy: The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free by Dr. Steven R Gundry M.D.

The New York Times Bestselling Series

THE PLANT PARADOX QUICK AND EASY

The 30-Day Plan to Lose Weight,
Feel Great, and Live Lectin-Free

JUMP-START

YOUR SUCCESS WITH:

- A 30-day eating plan
- Time-saving secrets
- All-new recipes



STEVEN R. GUNDRY, MD

BESTSELLING AUTHOR OF *THE PLANT PARADOX*



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