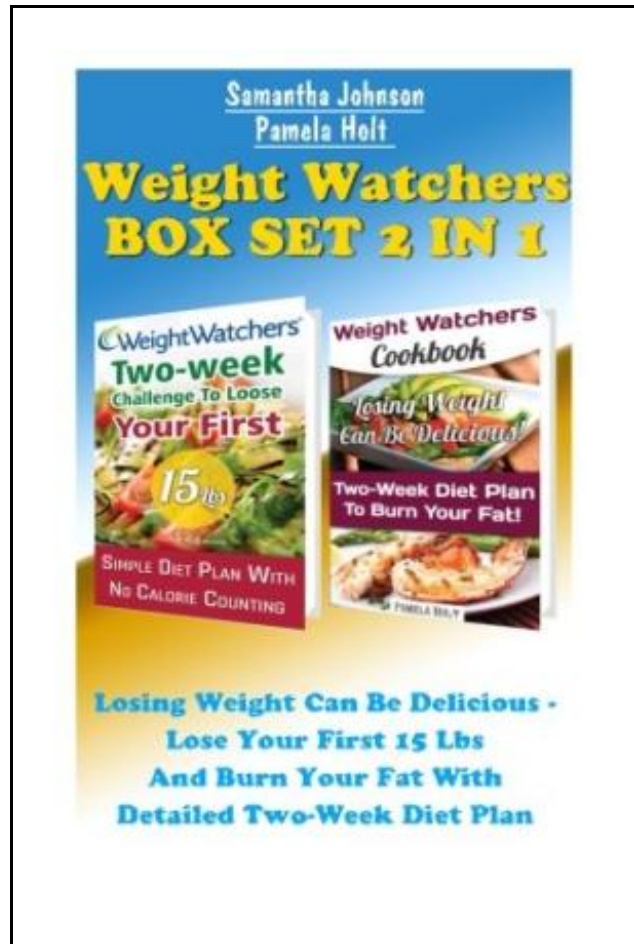


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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.


(Prof. Damon Kautzer III)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Watchers BOX SET 2 IN 1: Losing Weight Can Be Delicious - Lose Your First 15 Lbs And Burn Your Fat With Detailed Two-Week Diet Plan! BOOK #1: Weight Watchers: Two-Week Challenge to Lose Your First 15 Lbs! Simple Diet Plan With No Calorie Counting! Getting yourself in shape is extremely important to just about everyone. The problem is that none of us really want to spend all of our time counting calories, which is what just about every weight loss program wants you to do. So what should you do instead? Well you don't expect us to spill all our secrets before you even start do you? Inside this book you're going to learn how to lose weight without counting calories. We're going to actually talk about faster, easier ways that you can get rid of some of those pounds that are continuing to cause you problems and we're going to make it fun (or at least as fun as weight loss can be). BOOK #2: Weight Watchers Cookbook: Losing Weight Can Be Delicious! Detailed Two-Week Diet Plan To Burn Your Fat! You look for recipes for your slow cooker and unfortunately, the recipes you find are way too large for your single serve slow cooker that is only 1.5 to 2 Quarts? To make matters worse, you might be on dietary restrictions that call for you to eat only low carbohydrate, high-fat foods? You try to figure out how you can cut down the recipe for your smaller, portion friendly slow cooker and what recipes suit your diet better? So in this book you will find 32 low-carbohydrate, high-fat recipes that...

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