

***The Everygirls Guide To Diet And Fitness How I Learned Eat  
Right Dropped 40 Pounds Took Control Of My Life You Can Too  
Maria Menounos***

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### **The Everygirls Guide To Diet**

Confession time, Everygirls: I am not a vegan. I like burgers. I like steak. I like eggs and bacon for breakfast. I am the un-vegan-iest. I am probably the meatiest meat-eater there ever was. All that being said, I've felt for a long time that I needed to make some major changes in my diet. Having ...

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