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## Wrap of the Week: 52 Quick and Easy Wraps Recipes for Healthy Weight Loss

By Lucy Fast

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You re about to discover how you can enjoy healthy, delicious, quick and easy wraps for every season, without breaking the bank! Warning: This is NOT your average sandwich book. There is no PBJ, Ham and Cheese, or BLT in here, but that s not to say there are weird ingredients that you have to order from Timbuktu either. Everything in this book should be easily available at your local grocery store, and will be best in season. Yes we take advantage of Mother Nature s bounty by breaking up our wraps recipes up seasonally so you re getting the best flavor and the best prices on your ingredients. Now a quick word of warning to my regular readers. Most of my books are written using the Paleo Diet as a base, and I LOVE Paleo. It s one of the healthiest diets out there in my opinion, but not everybody is on the Paleo diet and I didn t think that should prevent people from eating seasonally tasty foods that will help them achieve their health and...



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