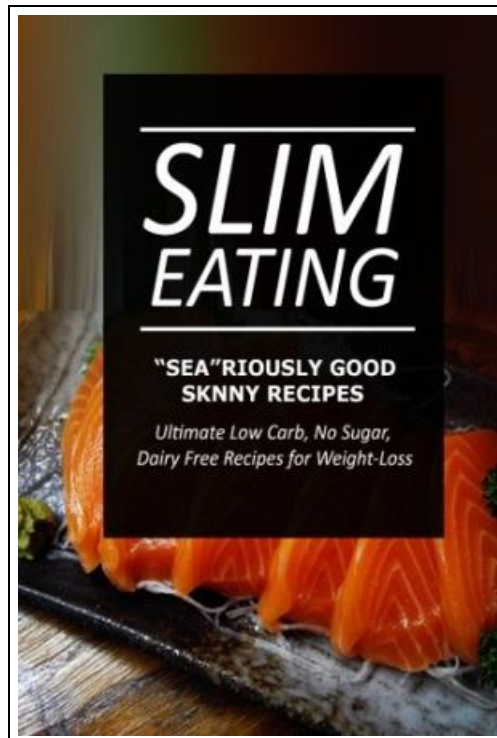


Slim Eating - Sea-Riously Good Skinny Recipes: Skinny Recipes for Fat Loss and a Flat Belly



Filesize: 7.21 MB

Reviews

Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sallie Wiegand)

SLIM EATING - SEA-RIOUSLY GOOD SKINNY RECIPES: SKINNY RECIPES FOR FAT LOSS AND A FLAT BELLY



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Today, we know that our bodies were not designed to eat fast food, sugar and processed junk. These unnatural foods are toxic to us and cause disease, weight gain and cancer. Mother Nature provides us with everything we need to eat in order to live a healthy, long life. This does not mean you should eat a boring diet made up of grilled meat and lettuce every day. The good news is that you can still enjoy your favourite meals, desserts and baked goods while eating slim. You just have to know how to do it. This book provides 30 ideas for mind-blowing recipes that are so delicious that nobody will even notice they are healthy. Go ahead - you can feel great about serving these healthy meals to your loved ones! This cookbook contains 30 slimming recipe ideas.



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