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LOW CARB GOOD FAT: LOW CARB LIFESTYLES HELP YOU TO LOSE WEIGHT WITHOUT STARVING! (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I would like to personally welcome you to Low Carb Good Fat. I have created this book to share my story since discovering this way of eating. This is me, Daniel Vincent, before I discovered Low Carb Good Fat. Like most modern Westerners I started my day with cereal, had a mid-morning biscuit, sandwiches for lunch, then an evening meal - meat..

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- Authored by MR Daniel Vincent
- Released at 2017



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