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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Meal by Meal: Reduce Body Fat with Low Carb and Other Diet Recipes glosses over the low carb diet as well as several other diet plans to give you plenty of meal ideas making it easy for meal planning. You can enjoy low carb foods to make low carb meals from the low carb recipes....

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- Authored by Dixie Henry, Betty Crawford
- Released at 2014

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