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Recipe for Results: The 7 Day Diet for Every Body (Paperback)

By Chris Gilders, Jenny Gilders

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Comics Head (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Watch out, Atkins! Move over, Paleo! Out of the way, Weight Watchers! There s a new kid in town. ***** Recipe For RESULTS! ***** Smart Steps To A Better Body. Junk food and sugary sodas have made everybody sick and tired, fat and fed up. Emma and her friend the Owl are the only ones who know what to do. In just seven days they plan to turn the tubby town around! This colorful cartoon reveals the secrets of the slim in seven bite-sized chunks that add up to an effective Recipe For Results! ***** Magic Monday Recognizing the truth about food ***** Choosy Tuesday Enjoying each mouthful ***** Winning Wednesday Smart starts to make your day ***** Thoughtful Thursday Understanding your appetite ***** Feelgood Friday Lightening up with effortless exercise ***** Sensational Saturday Tracking your progress ***** Secret Sauce The essential ingredient for success This book will be appreciated by any Mum who wants her kids to grow up fit and well with great eating habits.



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