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THE 21-DAY WONDER DIET



Paperback. Book Condition: New. Not Signed; It's the food that makes this book different. The hardest part of any diet is sticking to it, but the scrumptious recipes and clever tips in this book will help you stay the 21-day distance. The diet is clearly laid out, with incredibly tasty recipes for breakfast, lunch, dinner and snacks. Stick to the plan (with helpful daily hints along the way) and you'll eat no more than 20g fat a day, and you'll definitely...

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- Authored by The Australian Women's Weekly
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