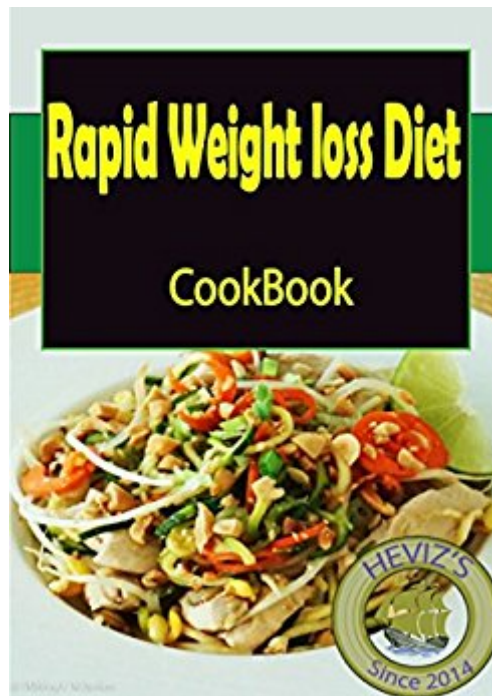


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Rapid Weight Loss Diet: 101. Delicious, Nutritious, Low Budget, Mouthwatering Rapid Weight Loss Diet Cookbook



Synopsis

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Kiwi-Berry SmoothieâQuinoa Breakfast CerealâCrustless Asparagus QuicheâSkinny Breakfast SausageâGreen Tea Kiwi-Berry SmoothieâPita Pocket Breakfast SandwichâCool Down Hibiscus Iced TeaâPeanut Butter and Honey Oat BarsâBanana Oat Pancakes with Apricot CompoteâSlow Cooker Savory Mexican OatsâSlow Cooker Creamy Almond OatmealâOatmeal Blueberry Protein PancakesâSlow Cooker Apple Cinnamon OatmealâSouthwestern Black Bean SaladâGrilled Eggplant & Zucchini SaladâHerbed Salmon with Broccoli Bulgur PilafâSmoked Salmon, Feta and Avocado SaladâEasy Pasta Salad with Cucumbers & TomatoesâTuna CasseroleâJalapeÃ±o Lime Tuna Salad

Book Information

File Size: 3326 KB

Print Length: 183 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 17, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01EG9X070

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #495,959 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #249

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