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THE EAT FROM HOME DIET: HOW TO GET A SLIM BODY AND FAT WALLET (PAPERBACK)



Quick Fit, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Top experts agree, 80 of losing weight is achieved by eating smart. Stop focusing on the gym and start looking at what s on your plate. Ayla packs her menu with protein, good carbs, low sugar and low sodium options ready in just 5-20 minutes. Enjoy mouth watering burgers, fries, nachos, spaghetti, steak, stir-fry, brownies, cakes, ice...

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- Authored by Ayla Skye
- Released at 2011



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Reviews

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-- **Mr. Golden Flatley**

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Prof. Salvador Lynch**

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