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# INSULIN RESISTANCE DIET JOURNAL: TRACK YOUR DIET PROGRESS IN YOUR PERSONAL INSULIN RESISTANCE DIET JOURNAL (INSULIN RESISTANCE DIET DIARY) (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How To Use This Insulin Resistance Diet Journal: How This Diet Journal Will Help You and Why Use this great diet journal to personalize your weight loss results on a daily basis. Once you start achieving your daily weight loss goals with some of your personal and favorite weight loss recipes then you can replicate the entire process...

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- Authored by Juliana Baldec
- Released at 2015



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