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Slim Eating - Baked Treats and Fish Seafood Cookbook: Skinny Recipes for Fat Loss and a Flat Belly (Paperback)

By Slim Eating

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This compilation cookbook contains 60 slimming recipe ideas. Today, we know that our bodies were not designed to eat fast food, sugar and processed junk. These unnatural foods are toxic to us and cause disease, weight gain and cancer. Mother Nature provides us with everything we need to eat in order to live a healthy, long life. This does not mean you should eat a boring diet made up of grilled meat and lettuce every day. The good news is that you can still enjoy your favourite meals, desserts and baked goods while eating slim. You just have to know how to do it. This book provides 60 ideas for mind-blowing recipes that are so delicious that nobody will even notice they are healthy. Go ahead - you can feel great about serving these healthy meals to your loved ones!.



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