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WEIGHT LOSS SALADS: 52 SINGLE SERVING SIZED SALAD RECIPES FOR GETTING RIPPED



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English. Brand New Book ***** Print on Demand *****.52 Weight Loss Salad Recipes For Getting RippedSalads have always been underappreciated for their weight loss enhancing potential. They are looked at as filler or that thing you eat before the real meal. While it is true they work great as a side dish, they can also be used as a full meal that is designed to help...

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- Released at 2015



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