

The Ultimate Fat Flush Plan And Cookbook - Gittleman

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The Fat Flush Cookbook contains more than 200 recipes using fat-flushing foods and featuring the thermogenic herbs and spices--including ginger, cayenne, mustard, anise, fennel, and cinnamon--introduced in the popular diet program The Fat Flush Plan. This indispensable cookbook can be used as either a standalone volume or a companion book. Author: Gittleman Publisher: McGraw-Hill Illustration: N Language: ENG Title: The Ultimate Fat Flush Plan and Cookbook Pages: 00000 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2011-11-22 SKU-13/ISBN: 9780071796484 Category: Health & Fitness : Diets - General

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