

12 Week Nutrition Solution: Nutrition For Fitness Guide - Cat Lanciaux

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Learn how to eat right, at the right time with the right quantities as well as been part of the Body By Vi 90 day Challenge to keep you motivated, while getting fit and having a chance to win prizes! A tons of tasty recipes are also included with the 12 weeks nutrition plan, to help you with your journey! Set Goal Set Plan Get to Work Stick to it Reach GoalAuthor: Lanciaux, Cat Publisher: AuthorHouse Illustration: N Language: ENG Title: 12 week Nutrition Solution: Nutrition for Fitness Guide Pages: 00000 (Encrypted PDF) On Sale: 2012-10-04 SKU-13/ISBN: 9781477245293 Category: Cooking : General Category: Education : General Category: Health & Fitness : General

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