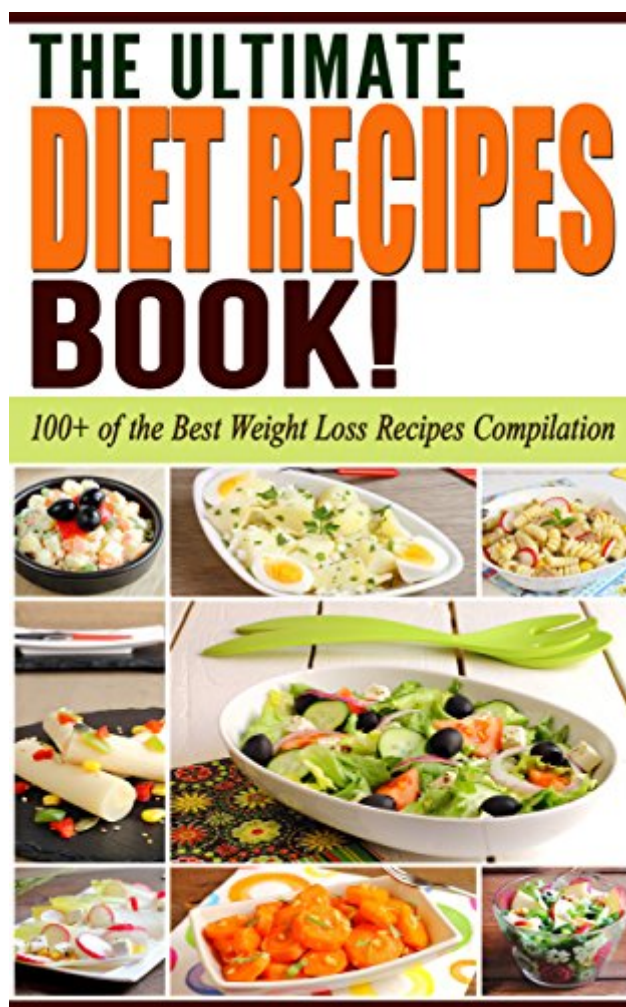


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Awesome publication! All the recipes that you need to follow your diet in one book! This book offers over 100 recipes in a compilation of diets like Atkins, Paleo, Mediterranean, Dukan, Ketogenic, etc.All recipes are separated by diet in each chapter and all have easy to follow step-by-step instructions that will have you in no time enjoying delicious and healthy recipes that will help you to lose weight.I love this book and I recommended to all the people doing diet but who doesn't know what to eat!

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