



Fast Weight Loss: Easy Formular to Lose 30 Pounds Eating the Foods You Love (Paperback)

By Steve Taylor

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book. Wish I knew a way to lose 30 pounds in 30 days You might have asked this question repeatedly. Your problem will come to a halt after you have applied the instruction in this book. If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results in 1 week, because it proven to work. FAST WEIGHT LOSS: Your Easy Formular to Lose 30 Pounds Eating Super Food a collection of mouth-watering recipes that are low in calories, fat, gluten free and have low sugar. If you are dead broke, crazy busy, or totally unmotivated. Fear not because this book will get you on track.



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