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TO A NEW YOU: COOK BOOK



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Large Print. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand ***** This cookbook is part of the To a New You collection This Cookbook is filled with healthy meals and snacks that are great for any diet or healthy living. All recipes are low calorie, low carb, high in fiber, and sugar friendly. After breakfast take a pick of any of the yummy lunch...

Read PDF To a New You: Cook Book

- Authored by Krista Simons
- Released at 2014



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