



## The 14 Day Mediterranean Diet Cookbook (Paperback)

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By Sarah Taylor

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You re About To Discover A Secret To Losing Weight And Healthy LivingWithout Spending Countless Hours In A gym! FREE BONUS: Info on my favourite diet that has changed my life! For a limited time get this best selling book for just \$0.99! Regularly priced at \$2.99.Read on your PC, Mac, smart phone, or Kindle device. Are You Struggling To Eat Healthy? About 50 of Americans also have this problem, and it s leading to obesity, low self esteem, lack of confidence and health risks. I always hear people say, "I cant lose this extra 10 lbs" or, "I want my body to look better", yet their diet consists of food that you MUST avoid. All these foods are talked about in this book, and are replaced by easy, and delicious recipes. By purchasing this book, you will be well on your way to achieving your health goals and live an awesome life. If you are looking to get that body youve always dreamed of, or interested in completely changing your life by being a...



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