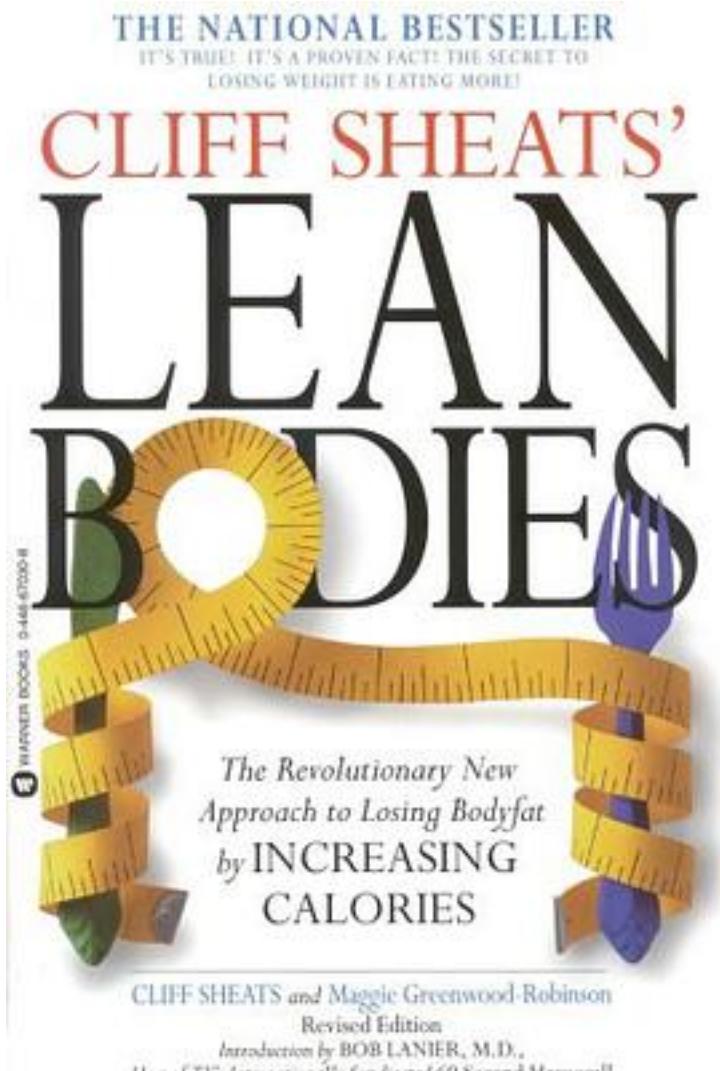


# Cliff Sheats' Lean Bodies



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著者:Cliff Sheats

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The author of The Lean Bodies Cookbook puts an end once and for all to the insanity of low-calorie and starvation diets--with a scientifically-proven, healthy eating program on which anyone can eat up to 3,500 calories a day and still lose weight. Includes 100 recipes for five meals a day, shopping advice and a list of restaurants that participate in the program.

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