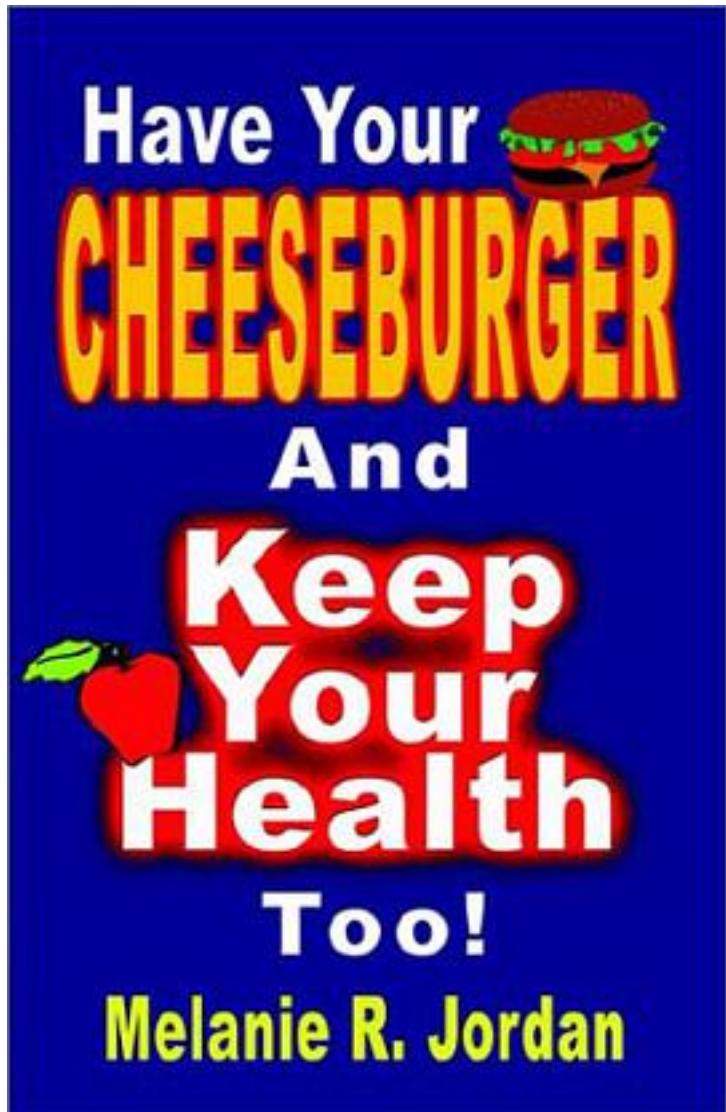


Have Your Cheeseburger and Keep Your Health Too! a New Perspective on Healthy Eating with the Comfort Foods You Love



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Healthy eating achieved with favorite comfort foods like cheeseburgers is deliciously possible. Lose weight, prevent disease and live a long and healthy life without denying yourself. My healthy "NMP" eating style and unique Fallback Methods (including "cheat time") ensure success.

作者介绍:

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