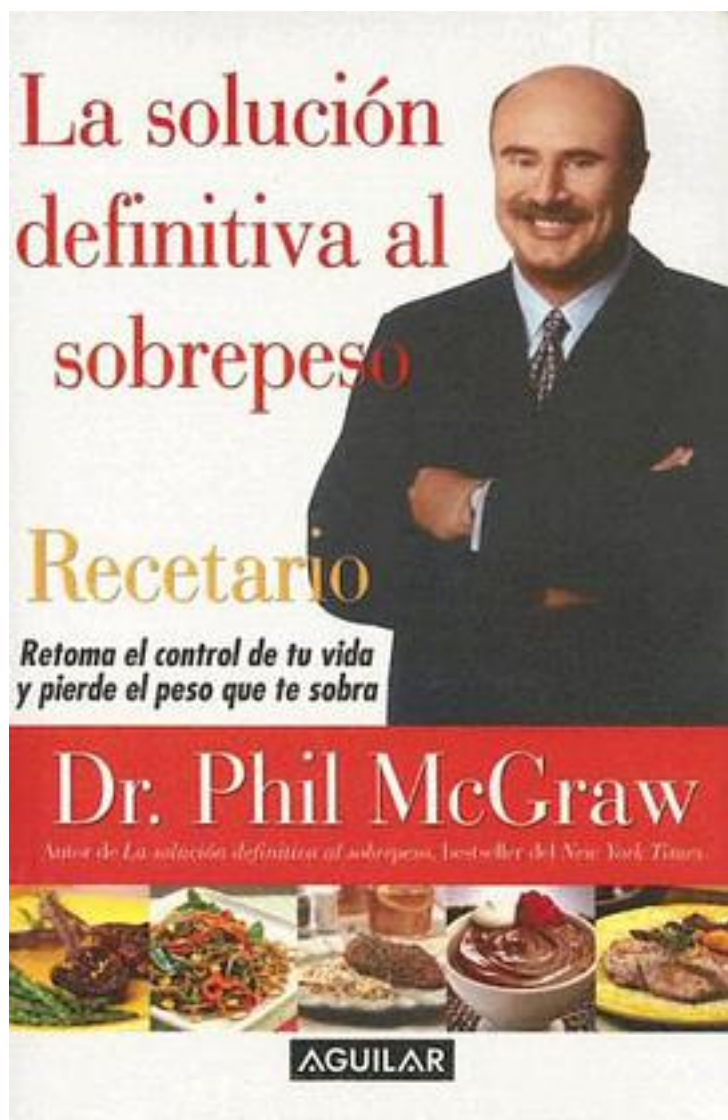


La Solucion Definitiva al Sobrepeso Recetario



[La Solucion Definitiva al Sobrepeso Recetario_ 下载链接1](#)

著者:McGraw, Phillip C.

出版者:

出版时间:

装帧:

isbn:9789707701717

Dr. Phil is on a mission: to help as many people as possible lose pounds and never, ever regain them. The Ultimate Weight Solution Cookbook is an essential tool to get results and free yourself from your problems with weight forever. With more than 100 fantastic flavorful recipes you're going to love shedding pounds while still enjoying your favorite foods. The cookbook also includes Dr. Phil's Rapid Start Plan, providing 14 days of preplanned menus designed to give you a jump-start on losing weight. Each day on the Rapid Start Plan includes one or more of the many great-tasting dishes in this cookbook. Gaining real control over your weight, as opposed to yo-yo dieting, is in your hands.

作者介绍:

目录:

[La Solucion Definitiva al Sobrepeso Recetario_ 下载链接1](#)

标签

评论

[La Solucion Definitiva al Sobrepeso Recetario_ 下载链接1](#)

书评

[La Solucion Definitiva al Sobrepeso Recetario_ 下载链接1](#)