



Cook Yourself Thin Quick and Easy: Shift The Bulge And Still Indulge With Over 120 New Recipes

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It's time to ditch the cabbage soup, maple syrup and rabbit food only diets and discover the easiest, most enjoyable way to lasting weight loss. Following the amazing success of the first book (most popular debut diet of 2007) comes this brand-new collection of over 120 recipes, plus fantastic tips and real-life success stories. By popular demand there is an entire chapter devoted to chicken, more tempting desserts, family favourites (spag bol, chilli con carne) and lots of mouthwatering meals in minutes for the time poor among us. Finally, a diet to savour . . .



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