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28-Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great PDF



by Jessica Jones : **28-Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great**

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Description :

PDF-28eeb | Reset Your Body with Plant-Powered Eating With this one-of-a-kind guide to plant-based eating, it only takes 28 days to gain a healthier you. Written by Jessica Jones and Wendy Lopez, both registered dietitians/ nutritionists, each and every recipe in this cookbook is both delicious and nutritious. All of the 100 recipes have a healthy balance of carbohydrates, fat and protein and are typically be... *28-Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great*

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