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## INTEGRATING NUTRITION IN JUST FOUR WEEKS!: NO MORE STRUGGLING WITH DIETS WITH EXTENDED JOURNAL, MEAL SHOPPING PLANNER (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I have realized how difficult it is to go from the average American diet to clean eating. Most people will get scared and give up, not know where to start, or go through withdraw. I did not switch to clean eating over night; I made small changes until I got to where I am today. I do not...

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- Authored by Nina Hagan
- Released at 2014



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