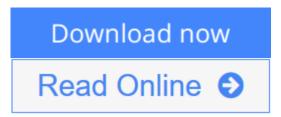


Fast Metabolism Diet Recipes vs. Super Shred Diet: 2-in-1 Box Set with 105 Recipes for Body Cleanse, Fat Detox, Flawless Metabolism and FAST Weight Loss in 28 Days!

By Olivia Gonzalez



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(60+ Proven Delicious & Healthy Shred Recipes for Your 4 Weeks FAST Weight Loss)

Now Revised and thoroughly edited by an expert editor (September, 2014)

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Avoid Corn-rich foods by eating Corn-free foods; recipes and cooking methods of such foods are provided.

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