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Lean bodies by cliff sheats | cathe friedrich

Hi everyone, I have both this book and the cookbook (I posted this under the clean eating thread). Regarding the foods, this book is really geared towards the body

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Feb 23, 2014 Dr. Cliff Sheats is a internationally known Board Certified Clinical Nutritionist. He is the author of the National Best Seller, Lean Bodies. His Lean

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The author of The Lean Bodies Cookbook puts an end once and for all to the insanity of low-calorie and starvation diets--with a scientifically-proven, healthy eating

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