

**LOSE WEIGHT AND STAY SLIM: SECRETS OF  
FAD-FREE DIETING (52 BRILLIANT IDEAS)**

**Craig William Casterline**

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Any high-protein, nutritious food such as cheese, yogurt or eggs will do, as will a slice or two of chicken or ham. River rated it it was ok Nov 20, Serve on bed of salad greens, drizzle with vinaigrette dressing OR baked tomato: Youmayalsochangethedays.ListswithThisBook. Alex Azurite rated it liked it Nov 02, Fill with grated cheese, bake in oven, finish with swift hot grill or fill with dstp vegetable mix or chilli con carne. WeightLossandMuscleBuildingFast.Yesterday I covered week one of the diet. Tiny olives on the tree my mum bought as a house-warming gift seven years ago.