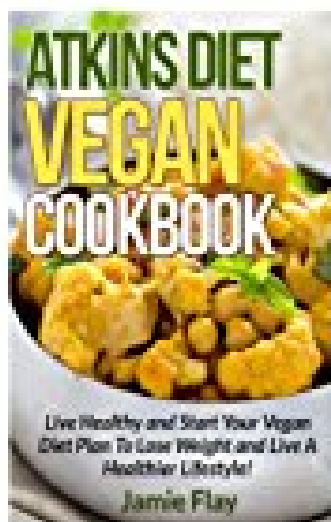


Atkins Diet Vegan Cookbook Live Healthy and Start Your Vegan Diet Plan to Lose Weight



BOOK DETAILS

- Author : Jamie Flay
- Pages : 102 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1508981884



BOOK SYNOPSIS

A weight-loss plan for patients whose lives depend on losing weight introduces the idea of nutrient density as a means of reducing food cravings and the consumption of high-calorie foods.

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