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Diet Diva Gourmet Recipes (Paperback)

By Paige Anders

Createspace, United States, 2011. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Looking for low-carb, sugar free and low calorie diet recipes? Tired of bland diet food and starving yourself skinny? Learn the secret every skinny girl knows. You just have to eat the right foods and learn to combine them properly. This book contains all the information and meal recipes to get you on your way. Get cooking with Diet Diva delicious gourmet recipes. Now, cooking for family and friends can be fun again without worrying about going off your diet! Best of all no one will know these are diet recipes. They taste the same if not better than their calorie laden opponents. Ever wonder why skinny girls seem like they can eat anything without gaining weight. They can t, they just know how to eat smart by eating a sensible diet. Watching your carbs, fats and sugars doesn t have to be complicated. These recipes will satisfy your every craving without any guilt! So stop starving yourself and get cookin !.



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