

Easy Intermittent Fasting Cookbook The

by

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Eat Well. Lose Weight. Live Longer.

Cut out the noise about intermittent fasting - and discover how it can help you lose weight and feel great - with this straightforward cookbook and easy health guide.

Use this book to embrace intermittent fasting on your own terms - that way, you'll stick with it and enjoy the long-term benefits.

Also available: The Easy Diabetes Cookbook

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