



Eat to Trim: Get It Off and Keep It Off!

Joyce L. Vedral

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Due to the continuous requests from her many fans, Joyce Vedral presents her unique guide to planning and preparing healthy, low-fat meals. Packed with hundreds of savory and nutritious recipes, Joyce provides fun, detailed plans for breakfast, lunch and dinner. With many before-and-after photos of people of all sizes who have achieved success following her eating plan.

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