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HCG Cookbook | Best HCG Diet Gourmet Cookbook

This unique pre designed "digital" HCG diet recipes gourmet cookbook is all you will need for your 21 days full completion of the Phase 1 diet protocol for weight loss. This HCG gourmet cookbook contains 100 HCG diet recipes ready made that your only job it will be to prepare the food and to cook it.

The HCG Diet Gourmet Cookbook Over 200 'Low Calorie ...

Eat many whole grains. When you eat whole grains you will be in better health, refined carbs are bad for you. Look for labels that don't include the word "refined", and instead say that the item contains 100% whole wheat.

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HCG DIETERS COOKBOOK final rev 09 16 07

flavor, ideas and options that are in accordance with the Simeons HCG diet. At the time of this writing, I have personally lost 31 pounds, 6.25 inches off my waist, and 3.25 inches off of each thigh.

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