



Weight Watchers: A 7-Day-7lbs Weight Watcher Diet Plan For a Simple Start: An Ultimate guide to the super shred diet plus a diet plan to achieve your weight loss goals

Steve Taylor, weight watcher, Super Shred Diet Book

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I am a Personal Development Coach and a trained psychotherapist specializing in weight loss and healthy dieting.

“Wish I knew a way to lose 30 pounds in 30 days”

You might have asked this question repeatedly. Your problem will come to a halt after you have applied the instruction in this book.

If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results in 1 week, because it proven to work.

THE 7DAY-7LBS WEIGHT WATCHER COOKBOOK FOR A SIMPLE START is a collection of mouth-watering recipes that are low in calories, and Would Help You Lose Weight

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Elaine Moore:

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Lou Whisenhunt:

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