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~~WEIGHT LOSS~~

~~WEDNESDAY -~~

~~WHAT I EAT IN A~~

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Dave Asprey, Kip
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DAVIS ON WEIGHT

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Julieanna Hever is a beautifully written work which explains the importance of healthy eating the book is designed for people who know little about plant based nutrition and for those who are fully knowledgeable the complete idiots guide to plant based nutrition

~~The Complete Idiots~~

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Julieanna Hever M.S.

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The Complete Idiot's
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Nutrition, by Julieanna
Hever is a beautifully
written work which
explains the importance
of healthy eating. The
book is designed for
people who know little

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about plant based
nutrition, and for those
who are fully
knowledgeable.

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This book is hands
down the BEST guide
to plant-based nutrition!
It is extremely lengthy,
but well written and
incredibly informative. I

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follow a plant-based lifestyle and am familiar with a lot of the topics that were discussed but it was nice to be able to read about them more in-depth.

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