

10 Pounds In 10 Days The Secret Celebrity Program For Losing Weight Fast

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✓ Verified Book of 10 Pounds In 10 Days The Secret Celebrity Program For Losing Weight Fast

## Summary:

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10 Pounds in 10 Days - Diets in Review If you are eating lean protein, fresh fruit & vege with whole grain carbs (only for breakfast and lunch) you should find that you start to lose weight more quickly. Most people will lose weight based on a 1200 calorie diet without exercising.

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