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Food fight: the vegan diet - elle

Ornish's low-fat, (Dukan on the protein side and the general recommendations from The China Study on the vegan) I could barely choke down my meals.

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The rapid fat loss handbook : bodyrecomposition

Second Edition. Package Includes: The Rapid Fat Loss Chapter 10: Free meals, (low- carbohydrate, high-fat) diets, a PSMF is essentially a ketogenic diet

Vegnews - official site

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