



## **Fat-Burning Foods Cookbook: Menus and Recipes for Fat-Burning Success**

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# Fat-Burning Foods Cookbook: Menus and Recipes for Fat-Burning Success

## Fat-Burning Foods Cookbook: Menus and Recipes for Fat-Burning Success

Readers learned how to lose weight without hunger by eating unlimited amounts of fat-melting miracle foods in Fat-Burning Foods and Other Weight-Loss Secrets. Now, with the Fat-Burning Foods Cookbook and its easy-to-make recipes for soups, salads, breads, entrees, side dishes, and desserts, a delicious fat-burning meal is always within reach. Complete nutritional information is provided for each recipe, along with helpful hints for healthy meal planning, making it easier than ever to shed extra pounds and feel great!

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