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CALORIE COUNTING: HEALTHY EATING TIPS (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******.Calorie Counting - Healthy Eating by Award Winning Health and Wellness Author Cathy Wilson, BES, B.Sc. (Nutr.Sc.), introduces practical solutions to CREATE long-term healthy eating habits that fit YOU! Wilson educates you on the differences between good and bad calories. And shows you how devious food manufactures and nasty food marketing experts trick you into thinking you re...

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- Authored by Cathy Wilson
- Released at 2014



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