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(Touchstone Book) By Colette Heimowitz**

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The new atkins diet for a new you - peter french

The New Atkins Diet For A New You, 2 weeks in. At this point I could have lost 15lbs, but I haven t. I ll come clean about that later At this point I could be

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The new Atkins for a new you cookbook : 200 simple and delicious low-carb recipes in 30 minutes or less. [Colette Heimowitz] -- "A follow-up to the New York Times

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