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The Food Lover's Diet: Eating Your Way to a Healthy Weight

Dr. Penny Small

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Eating your way to a healthy weight

the food lover's diet

Dr Penny Small

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Dr. Penny Small : The Food Lover's Diet: Eating Your Way to a Healthy Weight before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food Lover's Diet: Eating Your Way to a Healthy Weight:

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Eat 100 counts a day, and walk 10,000 steps losing weight doesn't have to mean doing without your favorite food seven chocolate or a glass of wine.

About the Author Penny Small is an accredited practicing dietitian and one of Australia's leading nutritionists who loves food and is passionate about trying to make it easier to eat well.