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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Weight Watchers Lose Weight Fast with the 7-Day Mediterranean Meal Planner with Recipes Included! If you are looking to lose weight but you don t want to go on those unhealthy quick fix diets then you should seriously take a look at the Mediterranean diet plan. It is a diet that is not a short-term fix but it is one based on...

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- Authored by Pamela Phillips
- Released at 2015



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