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CÃ“MO PERDER 10 LIBRAS DE GRASA EN UNA SEMANA! EL VEGETARIANO Ultimate O Dieta Vegana PARA BAJAR DE PESO LIBRO En Espanol (Nueva Tranlation Profesional) ... Para Bajar De Peso) (Spanish Edition)



Synopsis

Pierda hasta 10 libras en una semana con James La Vegan Warrior Alan! Empezar a ser quien quieres ser hoy? Lose up to 10 pounds in a week with James The Vegan Warrior Alan Start being who you want to be today! Surely your Hollywood friends will want to know what you have been doing, and will jump on the bandwagon and name fitness clubs in your honor! Compare with other programs for as much as \$39.99, much more complicated and probably less effective? James will take you step by step in a simple to follow daily routine of healthy natural Vegan / Vegetarian foods that will allow your body to detox and shed unwanted pounds. Like any weight plan consult your doctor before making any lifestyle changes. James is a Vegan not your doctor. Your doctor know what is right for you as an individual.

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Customer Reviews

No tiene buena explicaciÃn de cÃmo consumir los alimentos. Me hubiera gustado explicaciones de diferentes alimentos para poder cambiar unos por otros y no dan ocio es claras.

Good

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