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The Fat Flush

Companion
to the Bestseller
**THE FAT
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Journal and Shopping Guide

- ✓ Record your weight-loss progress
- ✓ Track meals, supplements, and exercise
- ✓ Features shopping lists for fat-flushing foods

ANN LOUISE GITTLEMAN, M.S., C.N.S.

AUTHOR OF THE NEW YORK TIMES BESTSELLER THE FAT FLUSH PLAN

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