

The Abs Diet Eat Right Every Time Guide by Zinczenko, David, Spiker, Ted (2004) Paperback



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The Abs Diet Eat Right Every Time Guide by Zinczenko, David, Spiker, Ted (2004) Paperback Publication Date: 2004 Recommends a high-fiber, high-protein diet based on eating such readily available low-fat foods as nuts, beans, vegetables, eggs, instant oatmeal, turkey, olive oil, peanut butter, and whole grains to attain and keep a healthy weight.



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