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Jodie's Fit Formula - Recipes: A recipe book of healthy, nutritious meals and snacks.

Jodie McGregor

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Jodie's Fit Formula - Recipes: A recipe book of healthy, nutritious meals and snacks. Jodie McGregor This book is not about a ‘quick fix’ diet or detox, it is about changing your mentality towards what you put in your body and make a positive long term change that is sustainable and enjoyable. The meals are easy to prepare and help provide you with healthy but tasty dishes!

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