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# ATKINS DIET JOURNAL FOOD DIARY, SET GOALS - TRACK PROGRESS - GET RESULTS: MAKE THE DAYS COUNT DIET JOURNAL AND FOOD DIARY, GREEN COVER, 220 PAGES, TRACK PROGRESS DAILY FOR 3 MONTHS. (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Atkins Diet is a flexible and workable diet plan to help you lose weight. The Atkins Diet has been used by numerous people for many years and was created by a doctor. Simply put, it works! Many say the Atkins Diet is the ultimate solution to losing weight, keeping it off, and feeling amazing, If you want...

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- Authored by Spicy Journals
- Released at 2014



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## Reviews

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