



Eat More, Weigh Less: The SMART Way

Laura Lewis

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Eat More, Weigh Less: The SMART Way Laura Lewis

In this book, Laura demonstrates her SMART Eating Program and shows you how to prepare delicious meals that allow your body to find its TruBody Weight and Fitness.

You will save time and money with incredibly delicious, balanced meals that will keep you satisfied, full of energy, and completely in touch with your dietary needs.

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