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Big-Ass Salads: 31 Easy Recipes for Your Healthy Month

Dr. Duc Vuong

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Patients and Fans of The Support Surgeon, Dr. Duc Vuong, will understand the importance of his tagline, "Big-Ass." Big-Ass Dreams. Big-Ass Goals. And the one that started it all...Big-Ass Salads. He teaches that when starting your weight loss journey, "One big-ass salad a day will change your life." He now presents 31 Big-Ass Salads, one for each day of the month, and if followed, you will likely meet your weight loss goals!

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Kim McLoughlin:

A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent 24 hours a day to reading a book. The book Big-Ass Salads: 31 Easy Recipes for Your Healthy Month it is very good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to fund but this book offers high quality.

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