



Cliff Sheats' Lean Bodies Cookbook

Cliff Sheats, Maggie Greenwood-Robinson, Linda Thornbrugh

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Sheats' revolutionary diet program showed individuals how to build up their metabolisms to lower body fat and improve their health. This companion cookbook contains 350 recipes, precise nutritional analysis, conversion chart, a complete list of Lean Bodies pantry basics, and more, to help readers continue to live the Lean Bodies way.

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