



BY AUDREY JOHNS

LOW CALORIE + HIGH PROTEIN COOKBOOK

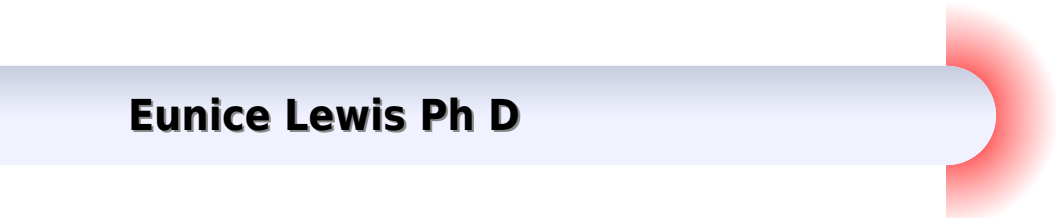
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A MEAL PLAN COOKBOOK



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