



## 50 Foods to avoid to Lose weight and stay Happy and Healthy

By Malik Johnson

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**50 Foods to avoid to Lose weight and stay Happy and Healthy** By Malik Johnson

One simple thing that you can do to lose 6 pounds by the end of this week! The shocking ingredient that's secretly sabotaging your health and happiness! Does this sound like information you need? 50 Foods to Avoid to Lose Weight and Stay Happy and Healthy will teach you all of this and much more. More than just another diet, this book will guide you through 10 engaging and easy chapters of must-read tips and mouthwatering recipes that will help you achieve your fitness and well-being goals. If you've ever wished you could have a step-by-step plan to looking good and feeling your very best, this book is for you!

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