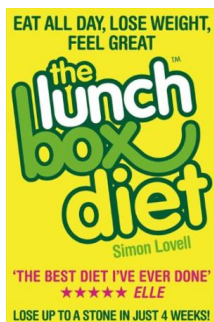


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# THE LUNCH BOX DIET: EAT ALL DAY, LOSE WEIGHT, FEEL GREAT. LOSE UP TO A STONE IN 4 WEEKS.



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Lunch Box Diet: Eat All Day, Lose Weight, Feel Great. Lose Up to a Stone in 4 Weeks., Simon Lovell, The exciting new diet that everyone is talking about, the Lunch Box Diet will change the way you think about food and slimming forever. Looking at what you eat and also at how and when you eat, the simple, flexible plan is easy to build into any daily routine. And you...

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