



101 Worry - Free Hcg Diet Recipes Plus Hints & Tips From Experts

Linda Prinster, Leanne Mennemeier

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NEW AND IMPROVED...VERSION 2: This FULL color recipe book has 101 recipes that boast great taste and lots of variety; yet strict adherence to Dr. Simeons / Kevin Trudeau's HCG Diet Protocols. While these are designed for the low calorie diet phase of the HCG diet protocol, the recipes can easily be adapted to the other phases of the protocol including after maintenance to provide low-calorie healthy meals.

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