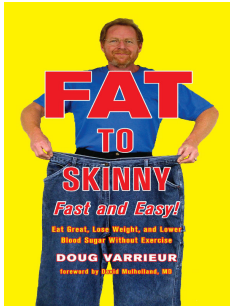


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## FAT TO SKINNY FAST AND EASY EBOOKS 2019



Author: Doug Varrieur

Release Date: Expected @@expectedReleaseDate@@

Doug Varrieur lost more than 100 pounds...and kept it off, by identifying and eliminating the enemy: Sugar! Now he reveals his proven plan for going from fat to skinny—easily, effortlessly, and quickly.

Varrieur explains why sugar is lethal to both our waist and our health, the different types of sugars found in foods; and the various sources of sugar that we unwittingly take into our bodies. Anyone who thinks desserts are the sole culprits will be surprised when Varrieur reveals the sugar content of some typical meals.

Most important, dieters will learn how to wean themselves off sugar and carbs and “eat themselves skinny” with recipes for flavorful dishes such as Chicken Cacciatore with Spaghetti Squash, Baked Shrimp with Crabmeat Stuffing, Roast Cajun Pork Loin with Creamed Spinach Alfredo with Mushrooms, Strawberry Shortcakes, Crêpes, and more!

The book is so simply written and easy to understand, anyone can follow Varrieur’s formula for success—and become the next “biggest loser.”

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