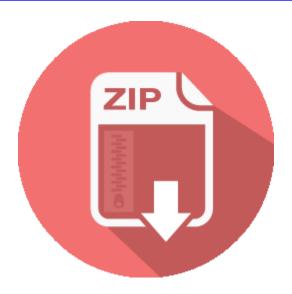
# **HEALTHY LOW FAT RECIPES FOR WEIGHT LOSS**



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When it comes to weight loss, fat burning and fitness fuel, few foods are more powerful than greek yogurt. Protein aside (up to 20 grams in some varieties), it s loaded with probiotics that aid in digestion, calcium, and vitamin D. Use it as a substitute for mayo, sour cream, or cream to reap all the slimming benefits. http://ebookslibrary.club/35-Healthy-Chicken-Recipes-for-Weight-Loss-eatthis-com.pdf

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