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in the now eat this! DIET , complete with a foreword by Dr. Mehmet Oz, DiSpirito offers readers a revolutionary 2-week program for dropping 10 pounds quickly, with little effort, no deprivation, and while still eating 6 meals a day and the dishes they crave, like mac & cheese, meatloaf, BBQ pork chops, and chocolate malted milk shakes.

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Now Eat This Diet Lose Up to 10 Pounds in Just 2 Weeks

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