



## Creative Cooking & Recipes

128 Family friendly recipes for Michael Thurmond's 6 Week Body Makeover Weight Loss Program

Now you can use the recipes in this cookbook to lose up to 34 pounds in 6 weeks just like I did

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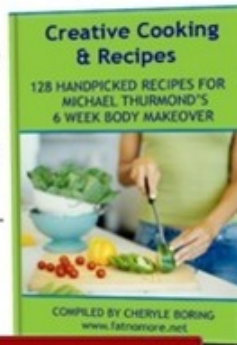
Could you use 128 recipes handpicked especially for use with the 6 Week Body Makeover weight loss program?

How about plenty of tips, hints and tools that make it easier for you to stay on the 6 Week Body Makeover weight-loss program?

Creative Cooking & Recipes is the first and only ebook full of recipes, hints and tips created specifically for use with the 6 Week Body Makeover weight loss program. The recipes in this book will help you create great tasting, no-guilt food and still stay on-program.

There's no guesswork. Every recipe comes complete with it's own easy-to-read meal chart. Serving sizes and portions for every recipe.

The 6 Week Body Makeover



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### ..... Free Recipes .....

Try [3 recipes](#) from the cookbook absolutely free:

[Chicken in Green Sauce](#) Chicken cooked in a homemade green tomatillo sauce. Delicioso!

[Chicken with Paprika and Potatoes](#) An all-in-one meal. What could be easier?

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surgery ucla weight loss surgery podcast weight loss smoothies for pcos best weight loss after 40 best weight loss apps uk 2013 weight loss medication nhs naturally athletic body type exercise my body type acupuncture for weight loss jackson ms body type weight chart body type genetics which body type is healthier apple or pear weight loss supplements no stimulants weight loss smoothies walmart weight loss surgery options after gastric bypass weight loss veggie soup recipe weight loss vegetarian soup recipes weight loss success stories huffington post michael thurmond cookbook download body type a diet plan 6 week body makeover exercise plan weight loss supplements breastfeeding body type ecto weight loss success stories 2013 weight loss apps for windows phone 6 week body makeover type b meal plan female weight loss acupuncture does it work weight loss shakes rapid loss weight loss success stories instagram female body type b meal plan what is my body type hourglass weight loss 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