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Recipes to Rave About Outrageously Delicious Main Dishes for People on the RAVE Diet RAVE Recipes Volume 1

By Laurie J Mauro

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to follow a diet and enjoy its benefits for a week, for a month. .

. but how many diets fall apart after a short time because the

food itself is tasteless or so foreign to what youre accustomed

to eating and enjoying, that eating becomes a chore. . . and

you eventually give up and run (not walk) to the nearest fast

food joint The RAVE diet is great for both weight loss and its

amazing health benefits, but if you still yearn for something

that tastes like that double hamburger on a bun with special

sauce and dont want to cheat, this cookbook is for you! Every

recipe is created according to RAVE requirements, but youd

never know it, Good for vegetarians, vegans and anyone who

wants to not only tickle their taste buds, but make them laugh--

and still keep it healthy! This item ships from La Vergne, TN.

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Reviews

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-- **Dr. Bethany Lindgren**

This publication is wonderful. It really is rally interesting through reading period of time. I am just very easily will get a delight of reading a published book.

-- **Roma Little**

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