



## 24 Day Challenge Cookbook: Lose weight, lean out, feel great!

*By James Shipley*

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The 24 Day Challenge is a program to change the way we think about food. It is a program focusing on solid nutrition, and balanced eating.

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## **24 Day Challenge Cookbook: Lose weight, lean out, feel great! By James Shipley Bibliography**

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##### **Octavio Martin:**

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**Jose Garcia:**

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