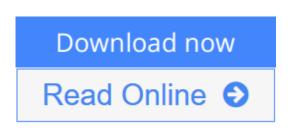


24 Day Challenge Cookbook: Lose weight, lean out, feel great!

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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