



10 Skinny Girl Recipes To Reset Your Body After The Holidays, Volume 1: Yummy Meals For The Health Conscious

Diane Richardson

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Holidays revolve around eating all kinds of rich and savory foods.

Family and friends get together with sumptuous cuisine and homemade goodies.

We keep eating way too much until we get so bloated that our bodies finally scream in protest.

Women especially can struggle to keep their figure after eating so much goodness.

So, if you need a way to recover from all the food comas and sugar highs, this book is your answer!

This first installment in this series serves up 10 of the best healthy recipes I've found from top chefs to help you detox and get back into good health while continuing to enjoy delicious food.

They're packed with flavor with none of the holiday guilt, so you can enjoy them all throughout the year.

Lets get started!

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