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Oxmoor House, Incorporated, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Choose It to Lose It covers all the everyday situations where food choices can derail your weight-loss efforts-the supermarket, coffee shop, fast food, restaurants, the vending machine, and even your own kitchen. As simple as making a small change to your afternoon beverage routine or trying out a different topping on your morning pancakes, these easy-to-incorporate swaps a delicious photographs show you that losing weight...

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- Authored by Light Cooking of Editors
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