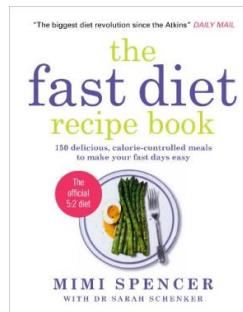


## The Fast Diet Recipe Book: 150 Delicious, Calorie-controlled Meals to Make Your Fasting Days Easy



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