



## Faith and Fitness for Life Cookbook: Everyday Recipes for Healthy Eating (Paperback)

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By Lisa M McCoy

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Faith and Fitness for Life Cookbook can serve as your companion cookbook to Faith and Fitness for Life: A 40 Day Transformational Journey or can be used to enhance your everyday cooking with simple healthy recipes your family will love. The recipes are packed full of flavor and natural ingredients and contain no white sugar, white flour, white rice, white potatoes, corn and no artificial ingredients.



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### Reviews

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-- **Mrs. Ellie Yost II**