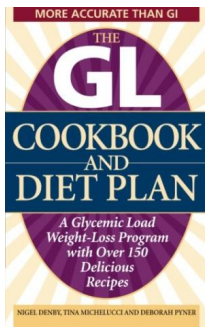


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## THE GL COOKBOOK AND DIET PLAN: A GLYCEMIC LOAD WEIGHT-LOSS PROGRAM WITH OVER 150 DELICIOUS RECIPES



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