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Go Lean Vegan : The Revolutionary 30-day Diet Plan to Lose Weight and Feel Great. 3.96 (26 ratings by Goodreads) Paperback. English. By (author) Christine Bailey. Share. A plant-based diet that can help you not only look great, but also lose weight! This revolutionary step-by-step 30-day diet plan will help you lose weight and start feeling better fast - while eating delicious, satisfying plant-based foods (and absolutely no calorie counting).

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Christine Bailey's Go Lean Vegan is a revolutionary approach to health that fills the gap between a nutritional based vegan programme and an effective weight loss programme that works. If you are

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looking to optimise your health, lose weight, boost vitality and follow a delicious plant based diet this is the book for you.

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Go Lean Vegan by Christine Bailey | Waterstones

- Ian Marber, Nutritional chef and co-founder of The Food Doctor Christine Bailey's Go Lean Vegan is a revolutionary approach to health that fills the gap between a nutritional based vegan programme and an effective weight loss programme that works.

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The Go Lean Vegan is in Special Diet books genres. Compose by Christine Bailey release on Thursday 14 July 2016 : (2016/07/14). A plant-based diet that can help you not only look great, but also lose weight! This revolutionary step-by-step 30-day diet plan will help you lose weight and start feeling better fast - while eating delicious ...

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