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Bell Mackenzie Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Skinny 15 Minute Meals Yoga Workout Plan Calorie counted 15 minute meals with gentle yoga workouts for health wellbeing The #1 best-selling Skinny range NOW with illustrated yoga workout plans. It s time to get Skinny in 15!! If you are time-poor but want to eat healthy meals and get your body in shape.you can, and all in 15 minutes or less! Pick from 60 great low calorie recipes and follow the 3 easy-to-follow routines: Morning Yoga, Tummy Toning Yoga and Restful Sleep Yoga. Each are gentle but effective with simple instructions and diagrams. There has never been a better time to help your body get lean, healthy and enlightened. You may also enjoy other Skinny low calorie health, diet and fitness titles from CookNation. Just search cooknation .

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