



# Nourishing Weight Loss

*Chiara Squinzi*

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*Chiara Squinzi*

## **Nourishing Weight Loss** Chiara Squinzi

A healthy mix&match weight loss plan based on vegan, gluten-free and sugar-free inspiring food ideas with a special focus on snacks recipes that are not only simple and cheap to make but also delicious and innovative. Additional breakfast ideas recipes and an easy-to-follow exercise plan.

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