

The Right Stuff Diet

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Its time to Get it! Processed food is making us fat and sick. What's the solution? We need to return to our natural diet of whole foods -- the foods our bodies are designed for. When we eat reasonable amounts of The Right Stuff, we become permanently lean. The Right Stuff Diet is a high-nutrient balanced diet. It promotes a lean body, good health, and well-being. The book gives you the easy-to-read information you need to achieve quick weight loss results. So say goodbye to fad diets. Say Yes to The Right Stuff Diet for life! Tags: well-being, healthy, good health, balanced diet, nutrition, nutrients, exercise, carbohydrates, protein, fats, omega-3 fats, glycemic index, organic foods, free-range foods, grassfed meats, wild fish and seafood, acid-alkaline balance, blood sugar levels

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