



Symply Too Good to be True: Over 150 Ways to Tasty, Low-fat Healthy Recipes

Annette Sym

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Symply Too Good to Be True has sold more than 2.5 million copies in Australia by

- inspiring readers with the author's own powerful weight-loss testimony
- presenting 150 tasty and easy-to-prepare recipes, with complete nutritional information and dietitian's tip for each dish
- outlining an effective 28-day weight-loss plan
- helping readers manage diabetes, heart health, and cholesterol levels,
- promoting a positive approach to health and well-being



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Michele Anderson:

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James Waddell:

Many people spending their moment by playing outside together with friends, fun activity having family or just watching TV the entire day. You can have new activity to invest your whole day by examining a book. Ugh, do you think reading a book can definitely hard because you have to use the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Mobile phone. Like Symply Too Good to be True: Over 150 Ways to Tasty, Low-fat Healthy Recipes which is having the e-book version. So , why not try out this book? Let's find.

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