



# Digest Diet Dining Out Guide: Follow the Breakthrough Diet on the Go!

Liz Vaccariello

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## Digest Diet Dining Out Guide: Follow the Breakthrough Diet on the Go!

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Digest Diet Dining Out Guide: Follow the Breakthrough Diet on the Go! Liz Vaccariello

Offers a twenty-one day weight-loss plan that aims to release body fat, along with strategies for identifying fat releasing foods, and the best meal choices at several different restaurants.



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