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## RICK GALLOP'S EXPRESS GI DIET FOR BUSY PEOPLE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Rick Gallop's Express GI Diet for Busy People, Rick Gallop, Ruth Gallop, Rick Gallop's phenomenally successful "Gi Diet" series has proven to be the healthy way to permanent weight loss for millions of people worldwide. Now, Rick has taken his bestselling formula and adapted it for today's hectic lifestyle. Based on the simple traffic-light system for which foods you should and shouldn't eat, it contains 50 brand-new super-quick recipes as well as...

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- Authored by Rick Gallop, Ruth Gallop
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