

[PDF] Skinny Chicks Eat Real Food: Kick Your Fake Food Habit, Kickstart Your Weight Loss

Christine Avanti - pdf download free book

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Description:

Review "Put down that diet soda! Drop that fat-free cheese! Forget those diet frozen dinners! Christine

Avanti, a clinical and sports nutritionist, advises a back-to-basics approach."—Time.com

About the Author CHRISTINE AVANTI , CN, is a certified nutritionist, classically trained chef, and health consultant of Food Network's Fat Chef. She is a contributing writer for the Huffington Post's living, health, and food sections, and has been featured in InStyle, Us Weekly, Health, Self, and

Fitness. She lives in Los Angeles and New York City.

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