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Lonely Planet Italy Lonely Planet, **The Calorie, Carb and Fat Bible 2011** Juliette Kellow, Lyndel Costain, Laurence

Beeken,2011 This guide is designed for quick reference and ease of use It contains full nutritional information including individual serving sizes for each food listed It covers healthy diets exercise diet myths and advice for losing weight safely

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Duncan Garwood, Brett Atkinson, Alexis Averbuck, Cristian Bonetto, Gregor Clark, Peter Dragicevich, Paula Hardy, Virginia Maxwell, Stephanie Ong, Kevin Raub, Brendan Sainsbury, Regis St Louis, Nicola Williams, 2024-02.

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