



EAT PEANUT BUTTER EVERY DAY AND  
LOSE ALL THE WEIGHT YOU WANT!

# The Peanut Butter Diet

THE AMAZING PLAN THAT LETS YOU  
• Lose weight • Lower your cholesterol •  
Slash your risk of heart disease and diabetes

**HOLLY MCCORD, M.A., R.D.**  
Nutrition Editor, *Prevention Magazine*

**PREVENTION.**

# Peanut Butter Diet

**Richard Bailey**



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