



# **Mayo Clinic Diet Cookbook: Your "Lose It" and "Live It" Kitchen Solution!: Including 50 Breakfast, Lunch, Dinner & Dessert Recipes**

*J.L. Wright*

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## **Mayo Clinic Diet Cookbook: Your "Lose It" and "Live It" Kitchen Solution!**

### **Including 50 Breakfast, Lunch, Dinner & Dessert Recipes**

This book is the follow-up to "Mayo Clinic Diet: Lose 6-10lbs in 2 weeks?"

This book offers 50 different recipes to help you get started on your mayo clinic diet. All the recipes are in accordance with the mayo clinic food pyramid. For your ease, the recipes are grouped according to different meals. You can of course mix and match according to your liking. Any combination of these recipes can be made per day for a healthy diet.

Be sure to pick up our book "Mayo Clinic Diet: Lose 6-10lbs in 2 weeks?" to take advantage of our shopping list and 7 day meal plan with recipes!

Found Here: <http://bit.ly/MayoClinicDietBook>

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