



Soul's Sugar Free Oil Free Cooking

Taryn N. Tarver-Walker

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Soul's Cooking is a collection of recipes designed to meet the taste of every palate. From soups to desserts, there is something for everyone. It includes delicious sugar free oil free recipes that are easy to prepare. All recipes follow the Soul's Diet Plan guidelines. With the Soul's diet plan you will receive reliable certified products as well as the support of Soul's staff to achieve the results you never imagined possible. Lose up to a pound a day for as many as 40 days. This is the average weight loss success we have recorded from our clients. The fact is, if you will commit yourself to this program you will lose weight and experience drastic results. All of the pictures in the book are real people from around the nation who have successfully used Soul's recipes and products. If they can do it, so can you!

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