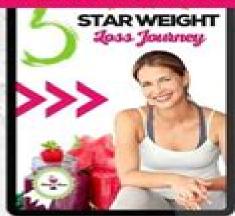
# **Free Recipe Guide**

5 Day Slimming Down Challenge









# **Slimming Down**

**Rodale Inc Staff** 

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