

THE SNOWBIRD DIET

**12 Days to a Slender
Future—and a Lifetime
of Gourmet Dining!**

**"I don't know of any other
diet book that combines sound
advice with great food."**

**—Paula Wolfert, national
cooking teacher and author of
The Cooking of Southwest France**



**Donald S. Robertson, M.D., M.Sc.,
and Carol P. Robertson**

Snowbird Diet

Nettie Alice Sawyer



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