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THE GDA DIET: SHOP YOURSELF THIN - YOUR SUPERMARKET WEIGHT LOSS GUIDE



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The GDA Diet: Shop Yourself Thin - Your Supermarket Weight Loss Guide, Nigel Denby, The GDA Diet is the diet for everyone. It is the first and only diet to use the Guideline Daily Amounts (GDAs) food labelling system which has been adopted by leading brands throughout the UK. The GDA Diet is the key to losing weight and keeping it off! It's simple to follow and doesn't involve...

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- Authored by Nigel Denby
- Released at -



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