



The Optimal Diet: The Official Chip Cookbook (Hardback) - Common

By (author) Hans Diehl By (author) Darlene Blaney

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The official CHIP cookbook. CHIP, the Coronary Health Improvement Project, is a successful lifestyle intervention program. More than 40,000 people have enjoyed the results of attending this world-class program. How did they do it? They simplified their lifestyle, especially their rich Western diet. And here are some of the recipes they used that made all the difference. If you want to enjoy good foo...

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