

Jillian Michaels Cookbook

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Summary:

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The Master Your Metabolism Cookbook By: Michaels, Jillian ... Zum Hauptinhalt wechseln. Prime entdecken BÄ¼cher. The Master Your Metabolism Cookbook by Jillian Michaels COOKING COMPANION TO MASTER YOUR METABOLISM Master Your Metabolism, the phenomenal diet bestseller by Jillian Michaels, has been helping millions of people become hotter and healthier without their having to obsess over food or exercise. Jillian Michaels Recipes - Pinterest Recipe from Jillian Michael's cookbook, Master Your Metabolism Cookbook. Mix all dry Ingredients in 1 bowl. All wet ingredients in another. Whisk each then mix and bake @ 400 for min. Mix all dry Ingredients in 1 bowl.

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