

Advocare 24 Day Challenge Cookbook: A guide to changing your life for optimal health

James Shipley



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Advocare 24 Day Challenge Cookbook: A guide to changing your life for optimal health James Shipley The Advocare 24 Day Challenge Cookbook provides all the information necessary to successfully complete your 24 day challenge with maximum results. Meal tips, motivating quotes and an interactive journal accompany the many recipes designed to reinvigorate your life.



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