

# Shape21: The Lean Body Manual



Complete Lean Body Manual by Ben Greenfield contains detailed 21 day exercise and meal plan routine for very quick and effective weight loss. No guesswork involved! Just follow the plan. Includes workouts, meal plans, articles, exercise photos. This is the new Edition 2, featuring a highly unique, 100% holistic, allergen-free meal plan and no-gym-required exercise plan.

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