

BOB HARPER

#1 New York Times
bestselling author of
THE SKINNY RULES

with GREG CRITSER



JUMPSTART TO SKINNY

The Simple 3-Week Plan for
Supercharged Weight Loss



20 pounds in 21 days



3 weeks of meal plans



Daily Exercise Required



Real Food

Jumpstart To Skinny Diet Plan

Mark Steyvers



Jumpstart To Skinny Diet Plan:

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