

WHEN YOU NEED TO LOSE IT FAST
THE NEW DIET FROM THE #1 *NEW YORK TIMES* BESTSELLING AUTHOR

extreme

**FAT
smash**

DIET

LOSE
12 POUNDS IN
3 WEEKS!

WITH MORE THAN 75 RECIPES

AS SEEN ON VH1'S
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Ian K. Smith, M.D.

Extreme Fat Smash Diet With More Than 75 Recipes

Chao Zhang



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