

BY
NEKKI & DAVID GOLDBECK
REGISTERED R.D.
THE SUPERMARKET HANDBOOK

THE DIETER'S COMPANION

A GUIDE TO NUTRITIONAL
SELF-SUFFICIENCY

INCLUDING
DIET DIGEST

EVALUATIONS OF WEIGHT WATCHERS,
ATHLETIC, NATURAL FOODS,
VEGETARIANISM, MACROBIOTICS, ETC.,
PLUS THERAPEUTIC DIETS.

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YOUR OWN NUTRITIONAL INTAKE
MEASURED BY YOU.

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The Dieters Companion

DJ Losen



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