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## Sushi Light Right Diet Asako Kishi

**sugarfishla trust me trust me lite the nozawa trust me menu** - sashimi + edamame don't think. just eat. tea + water + soda organic edamame \$2.50 hot green tea \$2.50 salmon sashimi \$7.50 iced green tea \$2.50 **mcdougall's color picture book "food poisoning"** - one of the earliest controlled "scientific" trials of the mcdougall diet a bible story 2600 years ago: daniel and his men, eating vegetables, were compared to men eating

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