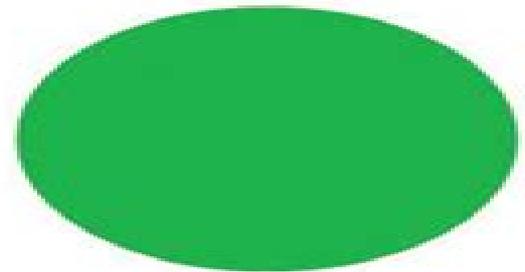
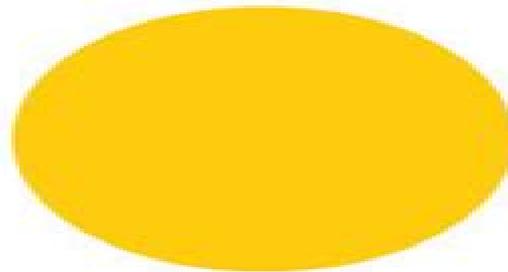
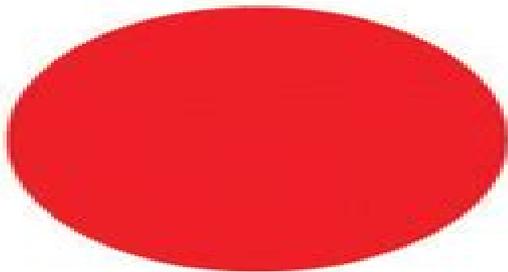


REVISED &
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Shopping and
Eating Out
Pocket Guide

the **Gi** DIET



Companion to the original
international bestseller *The Gi Diet*

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The Gi Diet Pocket Guide

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