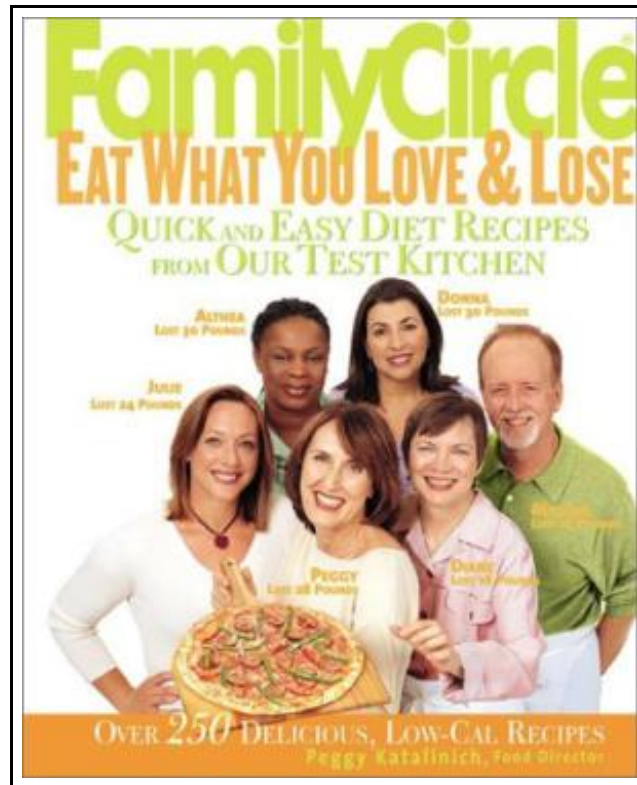# Family Circle Eat What You Love & Lose: Quick and Easy Diet Recipes from Our Test Kitchen

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