



**Just Tell Me What to Eat!: The Delicious 6-Week  
Weight Loss Plan for the Real World [Hardcover]  
[2011] (Author) Timothy S. Harlan MD**

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Do you want to lost weight but aren't sure where to begin? Dr. Harlan - a physician who is also a chef, has a prescription for you. What to eat How to cook it..... What to eat at a restaurant IF YOU ARE IN A HURRY? .... Dr. Harlan is also called "Dr. Gourmet" and lives in New Orleans

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