



# The Fit or Fat Target Diet: The Easiest Plan for Your Best Diet

*Covert Bailey*

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## **The Fit or Fat Target Diet: The Easiest Plan for Your Best Diet** Covert Bailey

A sound and simple nutritional program for choosing the healthiest foods and achieving permanent weight loss without gimmicks. Bailey employs a unique target system that helps easily balance one's diet to obtain the full range of nutrition and reduce harmful fat.

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