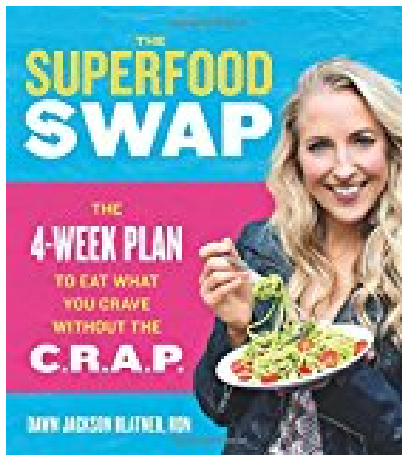


# The Superfood Swap The 4-Week Plan to Eat What You Crave Without the C.R.A.P.

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## BOOK DETAILS

- Author : Dawn Jackson Blatner
- Pages : 288 Pages
- Publisher : Rux Martin/Houghton Mifflin Harcourt
- Language : English
- ISBN : 0544535553



## BOOK SYNOPSIS

A complete eating plan to satisfy cravings and lose weight using the worlds healthiest superfoods, with 100 recipes.

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