

**The Perfect Formula Diet: How To Lose Weight And
Get Healthy Now With Six Kinds Of Whole Foods
[Kindle Edition] By Janice Stanger**

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Janice Stanger, Ph.D. is a nutrition and author of *The Perfect Formula Diet: How To Lose Weight and Get Healthy Now With Six Kinds of Whole Foods*.

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The Perfect Formula Diet (Janice Stanger) a science-based, unprocessed whole-foods lifestyle for permanent weight loss, improved health, and energy.

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