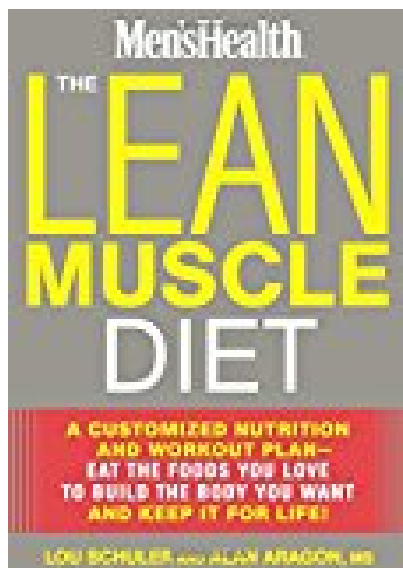


# The Lean Muscle Diet A Customized Nutrition and Workout Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life!

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## BOOK DETAILS

- Author : Lou Schuler
- Pages : 320 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623364183

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