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Publisher: HarperCollins; **Signed edition** (8 Sept. 2016) **Language:** English; **ISBN-10:** 0008203105; **ISBN-13:** 978-0008203108; **Product Dimensions:** 25.3 x 2.6 x 19.9 cm **Customer reviews:** 4.5 out of 5 stars **293 customer ratings;** **Amazon Bestsellers Rank:** 386,366 in Books (See Top 100 in Books) **#2429 in Vegetarian & Vegan Cooking #211 in Salads**

Eat Smart [Signed Edition]: What to Eat in a Day – Every ...

Already an online phenomenon, Niomi creates recipes for anyone who wants to feel amazing from the inside out, covering: breakfasts, lunches, dinners, desserts, snacks, baked treats and drinks, she offers a really easy way to eat delicious, healthy food at every mealtime.

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Eat Smart As you are probably already aware, over the past few years I have discovered the importance of health and fitness and the huge impact it has had on my life both mentally and physically. When I first started creating my own recipes about 2 years ago I posted a few of them on here and also on my YouTube channel, all of which went down really well and I was left with people asking me ...

Eat Smart | Niomi Smart

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Eat Smart by Niomi Smart - Hardcover | HarperCollins

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PinnacleHealth ' s Eat Smart, Play Smart (formerly KidShape) a weight management program for overweight children and their parents, will host classes on the East and West Shores. Eat Smart, Play Smart meets once a week for eight weeks and is a fun-filled program that helps overweight children (ages 6-14), accompanied by a parent or guardian, to become healthy.

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Eat Smart, Play Smart First Level:

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