



My Food Plan: A Guide to Making Wise Choices as you Create Your Own Menu (First Place 4 Health)

First Place 4 Health, Carole Lewis

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The *My Food Plan* booklet also includes a two-week quick start plan with menus and shopping lists to help new members jumpstart their pursuit of a balanced diet. The *My Food Plan* booklet brings healthy food choices within reach of anyone who is ready to change!

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