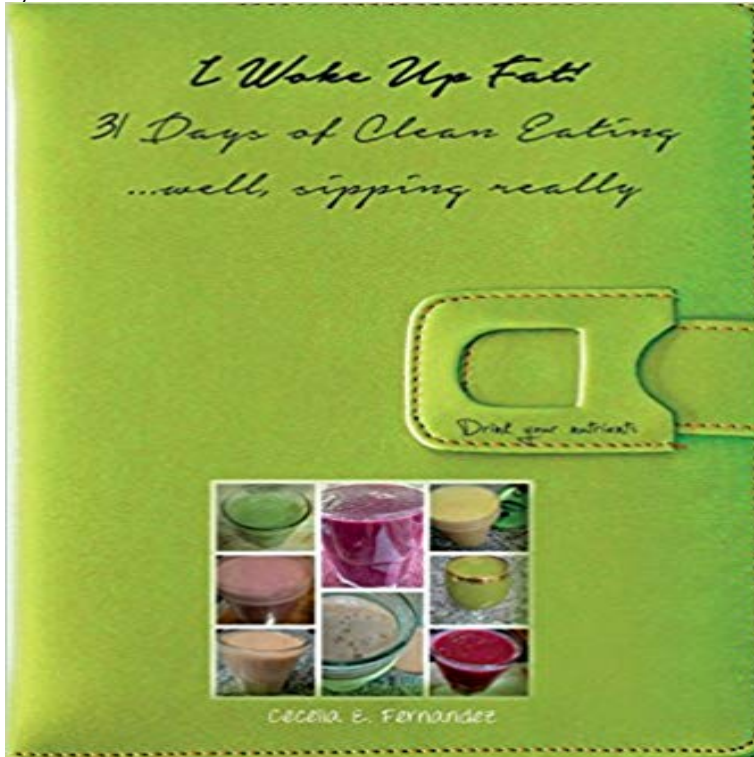


# I Woke Up Fat! 31 Days of Clean Eating ...well, sipping really.: Drink your nutrients



I Woke Up Fat! 31 Days of Clean Eating ...well, sipping really, is written for all girlfriends everywhere. It is a simple guide to a healthy, clean-eating way of life, using nothing more than your kitchen blender. So, to all you girlfriends out there who support one another through good times and bad, success and failures, heartaches and heartbreaks, and of course, through every new diet trend that comes along, I invite you to put down your salad forks and take a glimpse into how my girlfriends and I tackled the day we all suddenly woke up fat. This book follows most dietary preferences. Cheers to blending your way to good health. Follow me on Instagram & Twitter #iwokeupfat101.

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