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IN 30 DAYS

# *The* **30 DAY** **WEIGHT LOSS** *Framework* by April Laugh



Personal lessons, meal plans,  
and workout guides that will  
help your body and mind focus  
on your weight loss journey.

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plan to help you  
lose up to 10  
pounds in 30 days  
and keep it off!

# Weight Loss Framework

**J. Andrew White**



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