

# **Clean & Lean Diet: 14 Days To Your Best-ever Body With Foreword By Elle Macpherson By James Duigan (2010)**

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## **NEW YEAR, NEW YOU: Elle Macpherson s personal -**

James Duigan, returns with The Clean and Lean a woman s body into amazing shape Elle Macpherson. Clean And Lean Diet: 14 Days To Your Best

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full of reviews for the clean and lean diet and (Clean and Lean Series) is written by James Duigan, Clean & Lean with new foreword by Elle Macpherson.

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Jan 12, 2015 Start by marking Clean & Lean Diet: 14 Days to Your Best-Ever Body Written by Elle Macpherson's Lean Diet is very interesting as James Duigan

### **St. Louis Public Library - Exercising for better -**

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### **The Clean and Lean Diet - James Duigan - Bok - -**

James Duigan was born in Australia. One of the top personal trainers in Britain, his many celebrity clients include Elle Macpherson and Hugh Grant.

### **THE CLEAN AND LEAN DIET by James Duigan, Elle -**

THE CLEAN AND LEAN DIET by James Duigan, Elle MacPherson THE CLEAN AND LEAN DIET 14 DAYS TO YOUR BEST-EVER BODY: By: 2010: Series: Clean & Lean:

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Book Review. Clean & Lean Diet By James Duigan Kyle Books (2010) Reviewed by Dee Sandquist, MS, RD, LD, CDE . Claims. Written by Elle Macpherson's personal trainer

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### **Clean and Lean Diet: 14 Days to Your Best-Ever -**

Written by Elle Macpherson's personal trainer, this is the only diet book guaranteed to give you the beach-beautiful body you've always wanted.

### **Elle of a plan; Personal trainer James Duigan -**

Jul 03, 2010 chance of Elle Macpherson performing James reckons by the end of the 14 days you will feel so Clean & Lean Diet by James Duigan is

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