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Lose 10 lbs in **7 days** with delicious cabbage soup **diet** recipe (wonder soup) eat as much as you like! Full of vegetables and spices!

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[www.everydiet.org](http://www.everydiet.org)

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[www.myfitstation.com/2013/01/14/the-7-day-shredding-meal-plan](http://www.myfitstation.com/2013/01/14/the-7-day-shredding-meal-plan)

This **7 day** shredding meal **plan** is designed to BURN FAT and KICK START YOUR METABOLISM.

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