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Separating scientific realities from the fads, this book addresses the diverse needs of adults and growing children. 2015 Trim Healthy Mama LLC

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About dayna - dayna deters determined fitness

Dayna Deters is proud owner of Dayna Deters Gluten-Free Momma Fit Cookbook: Healthy Gluten-Free and Fit Living Recipes. As an online personal trainer, Dayna

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The "Gluten Free Mama's" cookbook is amazing. How wonderful to finally have recipes that are not just gluten free but taste like much more than cardboard.

Cranberry-almond protein cookies - worldnews.com

Jul 28, 2015 They're gluten-free if you use tasty and healthy recipes ideal for a ripped and Recipes created and made from Dayna Deters Fitness AKA Momma Fit

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