



# Prism Weight Loss Program : Recipes to Support Transformation

*Toni Vogt*

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# Prism Weight Loss Program : Recipes to Support Transformation

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**Prism Weight Loss Program : Recipes to Support Transformation** Toni Vogt

Designed with low calorie, low fat, simple and wholesome foods in mind. These recipes will help you plan menus to entertain as well as actively pursue wellness with healthy choices and healthy eating.

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