

# Busy Mum's Guide To Weight Loss The

by ALLEN, RHIAN

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Bestselling author and founder of The Healthy Mummy Rhian Allen brings you the ultimate guide to losing weight on a budget. Filled with bulk cooking hacks, clever shopping tips and more than 120 delicious recipes at under \$2.50 per serve, this book makes it easier than ever to eat well while losing weight and saving money.

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