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Bailey, Covert. Fit-or-fat target diet --The all-American diet --How to use the target --Covert's pig-out diet --How to modify a recipe --Fasting and low

Lentil stew | the family recipe box

May 23, 2008 Lentil Stew. Posted on May 24, Original source: Fit or Fat Target Recipes by Covert Bailey and Lea Bishop. 2 Tbsp. butter or margarine (I use butter!)

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Sep 27, 2007 Lentil-Rice Tostados . From Target Recipes, The Fit-or-Fat System. By Covert Bailey and Lea Bishop . Serves 8 . 1 pound lentils; 5 cups water; 1 cup tomato

Get fit or get fat recipes

This recipe was submitted by #ShapeUp2015 participant Jocelyn Lowe 1 serving Ingredients: 3 (4 oz Copyright 2015 Get Fit Or Get Fat.

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The formulas that this body fat calculation are based on are in the Covert Bailey book The Ultimate Fit or Fat. Covert Bailey Body Fat; Ideal Body Weight;

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Covert Bailey is a popular PBS personality and best-selling author on fitness and nutrition, whose Fit or Fat series of books has sold nearly 6 million copies.

Covert bailey - wikipedia, the free encyclopedia

Covert Bailey (b. 1931) In 1990 Bailey appeared in a PBS series "Fit or Fat for the 90s," produced by KVIE of Sacramento, California. Biography

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