

The Fit-Or-Fat System Target Recipes By Covert Bailey

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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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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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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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Watch Covert Bailey's Fit Or Fat video on Video Detective.

The complete fit or fat book: the new fit or fat

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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.

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