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# Step Aerobics Moves Pdf

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The McDougall Research & Educational Foundation is a 501 (c)(3) non-profit organization dedicated to researching topics to benefit individuals and the community, along with educating future medical students on how to implement, and practice, diet-therapy.

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One of my most favorite dishes from my new favorite cookbook, The McDougall Quick & Easy Cookbook, (which isn't new at all, just new to me), is Mary's recipe for Black Bean, Corn, and Rice Burritos. With just a couple of minor tweaks of my own, this dish has given new meaning to the phrase "simple and delicious" at our house.