

**The Harcombe Diet: The Recipe Book By Harcombe,  
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Jun 29, 2013 Blitz your food addiction with Zoe Harcombe's 30 day 'real food' eating plan. Posted, 2013-06-30 The Daily Mail

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The Harcombe Diet encourages weight loss by shunning calorie counting and proving that you can in fact lose weight by eating as much as you want.

## **Blog comments - pastebin.com**

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