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*Tammy Skye*

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This Second Volume in the HCG Diet Gourmet Cookbook Series by Tammy Skye features 150 more Low Calorie recipes for the HCG Phase 2 of the HCG Diet. Volume Two features a selection of egg and cheese vegetarian options as well as Chicken, Beef, and Seafood entrees, vegetable dishes, beverages and desserts. [www.hcgrecipes.com](http://www.hcgrecipes.com)

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