

# The Scandi Sense Diet Lose Weight And Keep It Off With The Life Changing Handful Method

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**SERVING SIZE CARD - National Heart, Lung, and Blood ...**

GRAIN PRODUCTS 1 cup of cereal flakes = fist 1 pancake = compact disc ½ cup of cooked rice, pasta, or potato = ½ baseball 1 slice of bread = cassette tape 1 piece of cornbread

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fantasies, in particular, evoke a miraculous sense of completeness, of word-magic raised to sacramental perfection Magic is our birth-right If we disinherit ourselves for moral correctness or transitory social causes, we lose Happily, of the six fantasy books reviewed here, two exhibit the