



# After Pregnancy Diet: How I Lost Weight and Got Back My Pre-Pregnancy Body By Cooking These Delicious Recipes

*Melissa Razo*

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# After Pregnancy Diet: How I Lost Weight and Got Back My Pre-Pregnancy Body By Cooking These Delicious Recipes

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## **After Pregnancy Diet: How I Lost Weight and Got Back My Pre-Pregnancy Body By Cooking These Delicious Recipes** Melissa Razo

After my baby, I thought I would never be able to get my body back. This is the story of how I got control of my diet, my mind and my body. I was able to get back to where I was (and maybe even a little better!) by making some simple changes, and I want to share those changes with you!

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