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Audrey Eyton is the author of The F2 Diet (3.62 avg rating, 16 ratings, 1 review, published 2006), The F2 Cookbook The Complete F-Plan Diet: The F-Plan,

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F-Plan is a high fiber weight loss diet that seeks to keep dieters feeling full without The F-Plan was originally published in 1987 by British author Audrey Eyton.

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Audrey Eyton is the author of The F-Plan Diet which has sold more than four million copies worldwide. She was also the founder and editor of Slimming Magazine, and

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The F-plan is a high fibre diet designed to induce healthy weight loss, created in the 1980s by British author Audrey Eyton, founder of Slimming Magazine, and based

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