

## THE PARK AVENUE NUTRITIONIST S PLAN KLAUER DR JANA M D %0A

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Dr. Jana Klauer's high-profile, hard-charging Manhattan patients can't afford to be off their game. Maybe it's the after-lunch slump, or the inability to focus on a crucial task at deadline time.

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The Park Avenue Nutritionist's Plan is an energy diet that packs all of Dr. Jana Klauer's proven expertise into one simple program packed with tips and ideas to help you lose weight, gain vitality and feel lean, light and ready for anything!

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