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Continued Healthy Fast  
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Chargrilled Chicken  
Cool Wrap (Chick-fil-A)  
I think this is the best-  
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The Hairy Dieters: Fast Food by Si King and Dave Myers is published by Weidenfeld & Nicolson on 19 May, £14.99. To pre-order a copy for £11.99, call 0844 571 0640 or visit [mailbookshop.co.uk](http://mailbookshop.co.uk). P ...

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