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J.S. West is a stay-at-home wife and mother of two from Vermont. She spends a lot of time in the kitchen, creating delicious recipes and tweaking old favorites to

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J. s. west (author of low carb 5)

J.S. West is the author of Low Carb 5 (3.67 avg rating, 6 ratings, 0 reviews, published 2014), Paleo Diet (3.00 avg rating, 7 ratings, 0 reviews, publish register

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