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2. A cheeseburger that has the cheese inside the meat patty rather than on top. Taco Bell's Waffle Tacos. This Is Why You're Fat. 8/07/13 3:58pm. Breakfast taco filled with eggs, sausage, wrapped with a waffle, and folded into the shape of a taco shell. Moreo's.

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This Is Why You're Fat On my flight to Nebraska on Tuesday, I read all of Jackie

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Warner's book "This Is Why You're Fat" and I've got to tell y'all... it's AWESOME! In Jackie's book, she explains why her approach to weight loss is liveable versus diets, which are hard to live out long term.

This Is Why You're Fat - Balancing Today

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become so popular that Jessica Amason and Richard Blakely decided to write a book.

## Jackie Warner

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