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# **The Fit-Or-Fat System Target Recipes By Covert Bailey**

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Sep 27, 2007 Lentil-Rice Tostados . From Target Recipes, The Fit-or-Fat System. By Covert Bailey and Lea Bishop . Serves 8 . 1 pound lentils; 5 cups water; 1 cup tomato

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Oct 03, 1992 Covert Bailey, the man behind the ``Fit or Fat`` and ``Target Diet`` ``Fit or Fat Target Recipes`` (1985), ``The Fit or Fat Woman`` (1989) and ``The

### **Lentil stew | the family recipe box**

May 23, 2008 Lentil Stew. Posted on May 24, Original source: Fit or Fat Target Recipes by Covert Bailey and Lea Bishop. 2 Tbsp. butter or margarine (I use butter!)

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\*This recipe was submitted by #ShapeUp2015 participate Jocelyn Lowe\* 1 serving Ingredients: 3 (4 oz Copyright 2015 Get Fit Or Get Fat.

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### **Covert bailey - wikipedia, the free encyclopedia**

Covert Bailey (b. 1931) In 1990 Bailey appeared in a PBS series "Fit or Fat for the 90s," produced by KVIE of Sacramento, California. Biography

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