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'The EveryGirl's Guide to Diet and Fitness' shares Maria Menounos' secrets to staying thin. Maria Menounos released her second book earlier this week.

Maria menounos everygirls guide to diet fitness

Maria Menounos looking super fine in her blue dress on her book tour in NYC. Maria s new book, Everygirls Guide to diet fitness should give the ladies some useful

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Maria menounos diet tips and workout - shape

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Maria menounos' weight loss -- tv personality

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