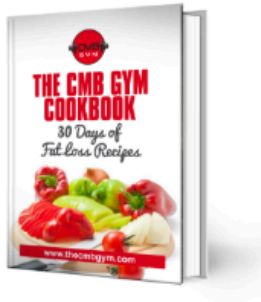


COOK BOOK DESCRIPTION TO MAKE THE READER CLICK TO SEE MORE:



The CMB Cookbook

Darragh's favourite recipes for keeping in shape

text goes here.....

Ever wondered how Darragh keeps his FANTASTIC shape all the time?

How he dazzles ANYONE that looks at him?

Why every woman that sees him,

IMMEDIATELY falls in love with him?

The answer is right here, presented FOR FREE!