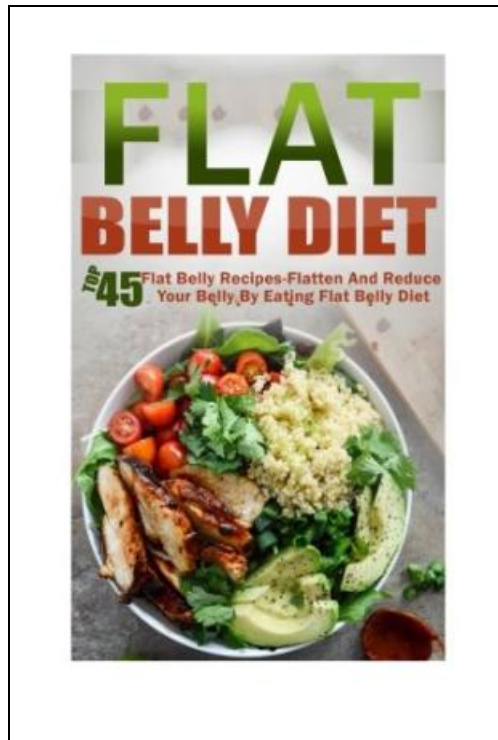


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Top 45 Flat Belly Recipes-Flatten And Reduce Your Belly By Eating Flat Belly Diet If you re middle-aged, have ever been pregnant or sometimes indulge in too much food or one too many beers, you probably have a spare tyre you d like to get rid of. So what s the best strategy for banishing belly fat? The best way to achieve a flat stomach is through a healthy, low-calorie diet and plenty of exercise. But if you want to speed the process along, try incorporating these recipes into your diet Enjoy the benefits of a healthy lifestyle and having a trim body with the guidance of the Flat Belly Diet. Learn how to obtain the abs of your dreams with the help of this clever and concise recipe and guide book. In this book, you will find an entire chapter dedicated to helping you achieve your weight loss goals, and over 45 super easy and affordable Flat Belly Diet recipes that you can incorporate into your everyday life for a flat tummy. Find out how to make no wheat breads, low calorie breakfast meals, soups, main course and small meals, tasty salads, and sweet yet guilt-free desserts! Treat your body right and experience a whole new and better you with the Flat Belly Diet! Here Is A Preview Of What You ll Learn. Flaxseed Tortilla MixSpicy HummusPecan and Pumpkin PancakesPoached Eggs and Roasted AsparagusCorn Polenta ChowderCream of Mushroom Soup with ChivesEggplant, Basil and Cheese StacksBalsamic Chicken and Bacon WrapsTurkey Cutlets with Cheese and Tomato SauceDijon Mustard Pork Tenderloin MedallionsRum Raisin Rice PuddingBlueberry SorbetMuch, much more! Buy your copy today! Try it now, click the add to cart button and...

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