



Flat Belly Diet: Top 45 Flat Belly Recipes-Flatten And Reduce Your Belly By Eating Flat Belly Diet (Flat Belly Diet, Belly Diet, Fast Metabolism Diet, Flat Belly Diet Cookbook)

David Richards

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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 Mix
- Spicy Hummus
- Pecan and Pumpkin Pancakes
- Poached Eggs and Roasted Asparagus
- Corn Polenta Chowder
- Cream of Mushroom Soup with Chives
- Eggplant, Basil and Cheese Stacks
- Balsamic Chicken and Bacon Wraps
- Turkey Cutlets with Cheese and Tomato Sauce
- Dijon Mustard Pork Tenderloin Medallions
- Rum Raisin Rice Pudding
- Blueberry Sorbet
- Much, much more!

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Annie Smith:

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Samuel Ware:

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Adam Tonn:

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