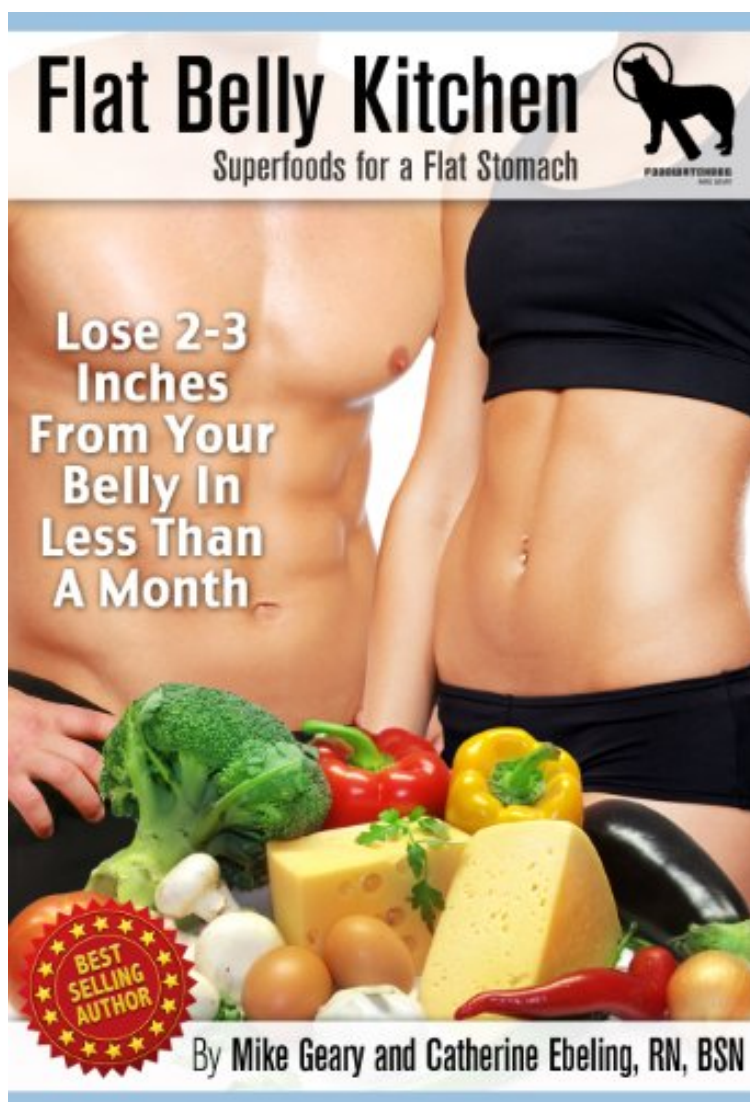


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The Flat-Belly Kitchen: Superfoods For A Flat Stomach: Lose 2-3 Inches From Your Belly In Less Than A Month (English Edition)



Par Catherine Ebeling RN BSN, Mike Geary

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more feeling exhausted as you drag yourself through your day. No more stress about whether that favorite pair of jeans will fit or not. You are just a few minutes away from unlocking the dietary secrets of weight loss and unlimited energy. Its that simple! You will learn: The #1 flaw with calorie counting, and why it is obsolete. Why fad diets never work. The so-called Health foods that actually cause you to gain MORE fat! Simple tricks to turn your fat-gaining kitchen, into a fat burning kitchen. Which healthy fats your body NEEDS to burn fat. The quickest and EASIEST solution to transform your diet, and get rid of unwanted fat FOREVER! Get all these tips, and many more from this amazing book. You dont have to sift through dense volumes about nutrition to find the information; you need it right now! With Flat Belly Kitchen the keys to weight loss and limitless energy are at your fingertips! Prsentation de l'diteur Are you tired of having low energy? Are you tired of feeling like you are doomed to lose the diet battle? If so, then this book is for you. Flat Belly Kitchen: Superfoods for a Flat Stomach will revolutionize the way you think about food and dieting forever! Mike Geary and Catherine Ebeling have been through it all, and you are about to benefit from their years of combined experience. They give you the profiles of 20+ foods that you should eat in order to shed those pounds, and also revv up your energy. No more feeling exhausted as you drag yourself through your day. No more stress about whether that favorite pair of jeans will fit or not. You are just a few minutes away from unlocking the dietary secrets of weight loss and unlimited energy. Its that simple! You will learn: The #1 flaw with calorie counting, and why it is obsolete. Why fad diets never work. The so-called Health foods that actually cause you to gain MORE fat! Simple tricks to turn your fat-gaining kitchen, into a fat burning kitchen. Which healthy fats your body NEEDS to burn fat. The quickest and EASIEST solution to transform your diet, and get rid of unwanted fat FOREVER! Get all these tips, and many more from this amazing book. You dont have to sift through dense volumes about nutrition to find the information; you need it right now! With Flat Belly Kitchen the keys to weight loss and limitless energy are at your fingertips!