



# **The Flat Belly Diet: Simple and Delicious Recipes to Help You Lose Weight, Burn Belly Fat and Stay Healthy (Flat Belly Cookbook)**

*Jessica Meyer*

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# The Flat Belly Diet: Simple and Delicious Recipes to Help You Lose Weight, Burn Belly Fat and Stay Healthy (Flat Belly Cookbook)

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## **The Flat Belly Diet: Simple and Delicious Recipes to Help You Lose Weight, Burn Belly Fat and Stay Healthy (Flat Belly Cookbook) Jessica Meyer**

If you are ready to take control of your unhealthy body fat situation, then this is the ideal book for you. The Flat Belly Diet: Simple and Delicious Recipes to Help You Lose Weight, Burn Belly Fat and Stay Healthy guides you along this innovative diet plan that will help you trim fat from your waistline in just two weeks. This revolutionary new weight loss solution has made headlines since it was first introduced, and now you can try it out for yourself by using this helpful book filled with tips and advice, along with easy to follow recipes that will make losing weight even easier.

## **Inside you will learn**

- How to correctly perform the 7-day cleanse to get the most benefits out of your diet
- Which foods are best to eat and which to avoid
- How to create meal plans and healthy snacks to help curb your cravings
- Recipes for healthy eating during the two week diet plan
- Why the Flat Belly Diet is so successful
- The science behind the Flat Belly Diet plan
- All about portion sizes and how to measure them correctly

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#### **Mark Authement:**

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