

The Everything Flat Belly Cookbook: 300 Quick And Easy Recipes To Help Drop The Belly Fat And Tone Your Abs

By Fitz Koehler;Mabelissa Acevedo

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Liz also coauthored the New York Times bestselling book The Flat Belly diet and 400 The Digest Diet appears to have everything needed for a weight loss jump start

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Quick and easy to prepare, these smoothie recipes are packed with refreshing fruits and MUFAs (monounsaturated fatty acids) the Flat Belly Diet powerhouse

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This title helps readers benefit from the abs diets and learn the culinary secrets to banishing the bulge forever.

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