

[PDF] Flat Belly Diet!

Cynthia Sass, Liz Vaccariello, David L. Katz - pdf download free book



Books Details:

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Description:

From the Back Cover Join the million-plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods.

With the Flat Belly Diet you can:

1. Lose inches in just 4 days
2. Drop up to 15 pounds in 32 days
3. Boost your energy as the weight falls off!

Prevention, America's most trusted healthy-living magazine, presents the *New York Times*-bestseller Flat Belly Diet in mass market--now with a new foreword by Dr. David L. Katz describing new research about the many health and weight loss benefits of this amazing eating plan. Enjoy delicious dishes such as Seared Wild Salmon with Mango Salsa, Slow Cooker Chili, and Pumpkin-Maple Cheesecake--and you will lose belly inches and greatly enhance your likelihood of living a longer and healthier life.

About the Author Liz Vaccariello is senior vice president and editor-in-chief of *Prevention*, the #1 healthy lifestyle magazine brand with nearly 11 million readers. Vaccariello regularly appears on *Today* and *Good Morning America*. She's also been featured on *The Biggest Loser*, *Rachael Ray*, the *Early Show*, and *The View*. Cynthia Sass, MPH, RD, *Prevention's* former nutrition director, has more than 15 years of experience helping people lose weight.

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