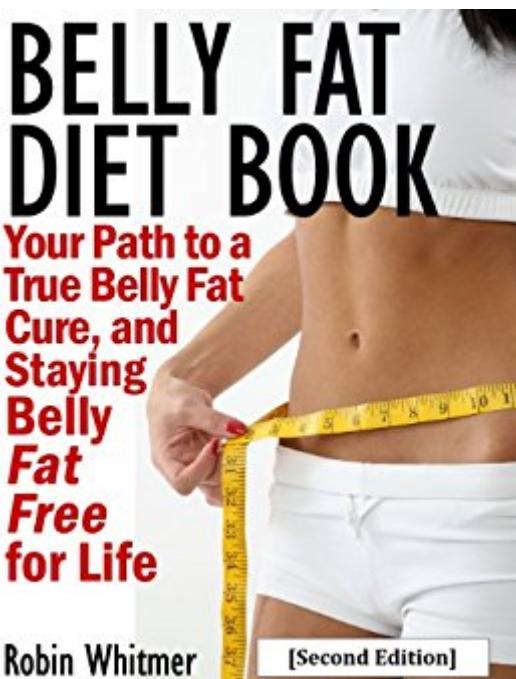


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# Belly Fat Diet Book [Second Edition]: Your Path To A True Belly Fat Cure, And Staying Belly Fat Free For Life



## **Synopsis**

Belly Fat Diet Book [Second Edition] Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life ----- [New edition] With the following additional content: \* New introduction. \* New section: "How to Lose Belly Fat Though Dieting" (500 words). \* New section at end of book (recipes): Belly Fat Diet Bean Recipes (3763 words). \* Improved formatting and editing ----- Have you wondered how you can get rid of belly fat that sticks around your mid-section? The answer is yes and this will be done through a diet book that will be unlike the others you will find. You see, when you want to lose belly fat diet plans often give you a selection of bland foods that aren't going to leave you satisfied. More often than not, the belly fat diet recipes they give you will leave you wishing you were able to go back to your old eating habits. That's what makes this one of the belly fat diets that thinks outside of the box. We understand that there are belly fat diet foods you can eat that burst with flavors, while shedding pounds. The secret is using simple nutrient rich foods that can help you to kick start your metabolism and give you powerful flavors. Take for example, the heirloom tomato. This strange looking fruit is filled with lycopene and nutrients. It also aids in the weight loss process as you will discover in this book. Imagine having the chance to enjoy things like chicken enchiladas and even savory chocolate desserts that won't blow your diet. It's true and while moderation is good, these guilt free recipes will have you wanting to learn more. All of the recipes you will find in this belly busting diet cookbook contain items you can find in your standard grocery store. You don't have to shop at a hundred places to get the foods you need. That simplifies the process and compliments your busy schedule.

## **Book Information**

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## Customer Reviews

This book help provide a lifestyle way of eating that allows you to eat comfortable, weigh less, and become the fittest you can be. Eating clean inspires a lifestyle approach on exercising and a diet plan of natural whole foods like vegetables, lean meats, and no preservatives, sugars, and trans fat. Processed foods have damage our health in many ways like sugar. Written in a motivating, and easy-to-understand style which nice quality picture. It has lots of chicken recipes that I am please with. For a few weeks now I have been trying to start eating healthy but it was not successful. I tried all types of online recipe but the food did not turn out great so I decided to purchase this book with good review to try it out and I truly love it. The recipes are easy, simple and delicious. It gives an explanation of the clean food option, which makes it easier to help people that want to know the answer to. Mainly website that provide diet food are recipes for vegan but this book include both vegan and meat which I love. Another great thing about this book is that its an online version so I can carry this around when I cook and can go grocery shopping for the stuff I need by looking through my phone. Overall I would recommend to all my friends and family. You can eat clean with all types of meat recipe they provide. Trimming and cutting out the fat is the best ideas to improve and lose weight faster. I have proven that with the diet this book provide. Whole grains I believe are essential, but I would be nice to have a little more detail into what they would consider whole. They believe that taking away bran from the oats or wheat or any grain would still be considered whole grain but I do not think so. The grain is made up of bran, endosperm and germ.

This ebook has very good information. Belly Fat Diet Book really breaks it down and helps you understand why you may still be fighting belly fat even when you think you are doing well. The biggest reason I wanted to get this book was for my dad. He has been fighting the belly bulge for many years and has been very discouraged about it. One of the main things that has stuck out to me in this book was aspartame!! When I found out about how bad aspartame is years ago and how much it's in our food I did my best to cut it out of our lives. I know it's hard to know at times what has it and what doesn't but try to find out!! Aspartame is very bad and there's lots of back and forth

about it so really do your research. All I can say is when you google it you will see how much this affects us and how these companies put it in lots of our gums, CHILDREN BASED FOODS/DRINKS and so much more!! Here is a little info I got from a website called [...]\*\*Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious, including seizures and death.

The Belly Fat Diet Book: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life has some good key points, especially if you are just starting out in weight loss. It addresses certain food types to stay away from, things like sodas and refined grains. It also touches on the dangers of deep belly fat, how it's not just about weight loss but how important it is for your overall health. This cook book has approx. 116 pages of great information on being healthy and losing weight especially belly fat as well as wonderful recipes to use for overall well-being and not just for weight loss! The secret is using simple nutrient rich foods that can help you to kick start your metabolism and give you powerful flavors. Take for example, the heirloom tomato. This strange looking fruit is filled with lycopene and nutrients. It also aids in the weight loss process as you will discover in this book. Imagine having the chance to enjoy things like chicken enchiladas and even savory chocolate desserts that won't blow your diet. It's true and while moderation is good, these guilt free recipes will have you wanting to learn more. All of the recipes you will find in this belly busting diet cookbook contain items you can find in your standard grocery store. You don't have to shop at a hundred places to get the foods you need. That simplifies the process and compliments your busy schedule. The recipes are simple and easy to follow too. My only concerns are as follows: There are no pictures of the cooked items. I LOVE seeing the finished product in cookbooks! Also, a lot of the recipes will call for egg substitutes. It is outdated information that the whole egg is bad for you and you should only eat egg whites.

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