



# Flat Belly Cookbook For Dummies

*Erin Palinski-Wade, Tara Gidus, Kristina LaRue*

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**Flat Belly Cookbook For Dummies** Erin Palinski-Wade, Tara Gidus, Kristina LaRue

**The fast and easy way to get a flatter belly**

Tens of thousands of Americans have changed their bodies—and their lives—with the help of the recipes and guidelines developed to eliminate body fat. *Flat Belly Cookbook For Dummies* includes an overview of the belly fat; grocery shopping and pantry stocking tip; delicious, nutritious, and even kid-friendly flat belly recipes.

All 125 recipes are carefully developed by America's Belly Fat Fighter to make sure every meal includes just the right amount of belly-flattening monounsaturated fatty acids (or MUFAs), found in nuts and seeds, vegetable oils, olives, avocados, and dark chocolate, so you can mix and match meals to suit your taste.

- Explains the importance of replacing sugars, saturated fats, and trans fats with whole grains, lean proteins, and fiber
- Teaches you how to effectively structure your diet, practice good nutrition, and drop belly fat at the same time
- Includes 125 flat belly recipes

If you're looking to shed fat and tone your midsection through diet and exercise, *Flat Belly Cookbook For Dummies* has you covered.

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